

THE 39th ANNUAL
ST. LOUIS COUNTY
HEALTH &
HUMAN SERVICES
CONFERENCE



WEDNESDAY-FRIDAY
OCTOBER 13th-15th 2021
at the DECC in
DULUTH, MINNESOTA

www.stlouiscountymn.gov/hhsconference

WELCOME!

130 WORKSHOPS • 2 KEYNOTE SPEAKERS • 138 EXHIBITS

The St. Louis County Health & Human Services Conference provides a forum for sharing innovative ideas, stretching perspectives and strengthening our communities. It hosts students, practitioners, and professionals from the public and private sectors across the Midwest region.

A word from our Conference Chair

On behalf of St. Louis County Public Health & Human Services, welcome to the 39th annual conference *Love is Key, it Begins with Me*. What a challenging time we have weathered, thank you so much for being with us today.

I hope you enjoy the wide array of workshops, the Keynote Speakers and most of all being in each others' presence.

Our conference theme promotes what we can do to increase kindness, compassion and love in the world around us. It starts with us as individuals, to practice self-love to extend more kindness and compassion to others. To see the power in our collective actions, join us; Love is Key, it begins with me.

Warmest regards,

— Michelle K. Nelson, Conference Chair



Our opening and closing Keynote Speakers

Sonya Renee Taylor is an author, poet, spoken word artist, speaker, humanitarian and social justice activist, educator, and founder of *The Body is Not An Apology* movement. She has won multiple National and International poetry slams, and has performed for audiences across the US and Canada, New Zealand and Australia, the British Isles and the Netherlands. Her writing explores the intersections of race and gender on the topic of body positivity, critiquing the current ideas society has around the movement, making it more inclusive and claiming space for those who have been noticeably left out of the conversation.

With a B.A. in Sociology and a M.S.A. in Organizational Management, Sonya uses her work to disrupt systems of inequity from an intersectional, radical self-love and global justice framework.



Dr. Maryam M. Jernigan-Noesi is a licensed psychologist, professor, clinician-scientist, and equity and inclusion consultant with a particular emphasis on race and culture. Addressing the needs of diverse youth, adults, and families has been the primary focus of her work as a clinician and scholar.

She recognizes that not all traditional psychological approaches are effective for persons from all backgrounds. Dr. Jernigan-Noesi prides herself on the integration of context, culture, and social factors that may influence health and wellbeing. She has extensive training in pediatric psychology and adolescent health, as well as specialized training in adult and family interventions.

Dr. Jernigan-Noesi's contributions to the field of behavioral health have earned recognition from numerous organizations including the Ford Foundation and the American Psychological Association.



Conference schedule

AT THE DULUTH ENTERTAINMENT & CONVENTION CENTER (DECC) IN DULUTH, MINNESOTA

WEDNESDAY, OCT. 13TH

10:00 – 4:30

Conference Desk is open

1:00 – 2:00

Welcome & Opening Keynote

2:30 – 4:00

Session I Workshops

10:00 – 4:30

Exhibit Hall open

THURSDAY, OCT. 14TH

8:00 – 4:00

Conference Desk is open

8:00 – 4:30

Registration open

8:30 – 4:30

Session II–V Workshops

4:00

Exhibit Hall ends

FRIDAY, OCT. 15TH

8:30 – 10:00

Session VI Workshops

10:00 – 10:30

BREAK

10:30 – 11:30

Closing Keynote

Exhibit Hall **closed**

Our opening Musical Performers

The **Womxn of DanSan** creatives have come together to provide their individual creative talent for a combined and interwoven storytelling experience that centers their individual and collective narrative. They will be using a combination of music, movement, and spoken word.



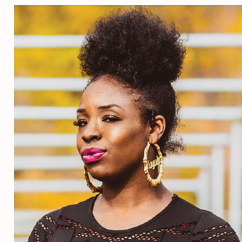
AfroGeode



Nesian



Ntsang



Royalty

Our closing Musical Performers

In the Fond du Lac / Duluth area, the **Oshkii Giizhik Singers** (or New Day Singers), a community-based group of Native American women singers, have been quietly reviving an old tradition of creating the music of their grandmothers through song and drum beats.



CHAMPION SPONSORS

The 39th annual St. Louis County Health and Human Services conference is made possible in large part to the generous support of these **Champion Sponsors**. These organizations provide services locally and across the region to help those in need. Please stop by and visit them in the Pioneer Exhibit Hall. They are also featured in our Mobile APP under the Champion Sponsors Icon.



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WEDNESDAY WORKSHOPS

Wednesday, October 13	Session I Workshops	2:30–4:00 p.m.
1 Supporting Informed Choice in Housing for People with Disabilities	Rajeane Moone, PhD, HB101 Liaison, Department of Human Services; Heidi Sandberg, Housing Consultant, both from Department of Human Services	Chester Creek
2 GA and MSA: Two Programs You Should Know More About VP	John Petroskas, JD, Policy Specialist, MN DHS	French River 1
3 Boomers are Worth their Weight in Gold! The Economic and Societal Contributions of Older Adults.	Georgia Lane, MSW, Senior Program Planner; Ann Bussey, MA Management, Healthy Aging Advocate, Community Leader, both from Arrowhead Area Agency on Aging	French River 2
4 Are Your Patients/Clients/Friends/ You Sexually Active After 65? YOU BETCHA	June La Valleur, MD, Assoc. Prof. U of MN Medical School, Dept. OB/GYN	Gooseberry Falls 1
5 Providing a Healthy Peer Work Environment	Jode Freyholtz-London, AAS, Executive Director, Wellness in the Woods; Melinda Shamp, BS Social Work, MA Vocational Rehabilitation, Assistant Warmline Manager, Wellness in the Woods	Gooseberry Falls 2
6 Person-Centered Approach to the Other Pandemic: Tobacco	Stephanie Bertucci, LICSW, Intensive Outpatient Program Coordinator, Minneapolis VA Health Care System; Reba Mathern-Jacobson, MSW, Specialist Public Policy and Advocacy, Minneapolis VA Health Care System; Pat McKone, BA, Senior Director, Advocacy and Public Policy, American Lung Association	Gooseberry Falls 3
7 Factors Influencing Feelings Of Self Determination In Group Home Settings	Cheryl Champion, MSW, LICSW, Insight Counseling; Javid Spaulding, disabled client in wheelchair who wants to tell his story	Harborside 202
8 “Anybody Out There” Direct Care Workers? VP	Linda Wolford, MS, Counseling Psychology, Rehab. emphasis, Interagency Coordinator; Amber Maki, MS, Counseling Psychology, Team Lead; Daniel Baker, Ph.D., NADD-CC, CCEP, Positive Supports Specialist & Successful Life Project Clinical Supervisor; Scott Schifsky, BA Creative Writing; African-American literature, Person-Centered/Positive Supports Coord; Stacie Enders, Master’s in Public Administration, Positive Supports Policy Analyst, all from the Department of Human Services	Harborside 203
9 Shifts in Illicit Drug Use Heighten the COVID-19 Health Crisis V	Kelly Olson, PhD, Associate Director, Clinical Affairs, Millennium Health	Harborside 204
10 Loving thy Neighbor, With or Without a Home – Unlocking the Value of the Bob Tavani House for Medical Respite	Anthony Olson, PhD, PharmD, Research Scientist, Essentia Institute of Rural Health; Kelly Wallin, BA, Bob Tavani House Live-in Volunteer, Essentia Institute of Rural Health; Jamie Conniff, MD, MPH, Physician, Duluth Family Medicine Clinic; Pat Conway, PhD, MSW, Research Scientist, Essentia Institute of Rural Health; Becky Davies, MD, Hospitalist Physician, Essentia Health - St. Mary’s Medical Center; Josh Rude, BA, Pastor, First Covenant Church	Harborside 205
11 The Art of Healthy Self-Talk V	Jody Janati, Ed.D., Trainer/Speaker, Communication Innovation	Harborside 301 – 302
12 COVID Leadership Under Crisis: Ten Lessons for Adaptive Leadership Practices V	Maria Cuzzo, PhD, JD, Mediator, Interim Provost and Vice Chancellor of Academic Affairs, University of Wisconsin-Superior	Harborside 303

V = In-person presentation plus virtual broadcast **VP** = Virtual presentation

Wednesday, October 13		Session I Workshops, continued	2:30–4:00 p.m.
13 V	Self-Advocacy Training for Resident Councils	Tiffany Carlson, Social Work, Self-Advocacy Specialist; Jane Brink, Social Work and Gerontology, Regional Ombudsman, both from the Office of Ombudsman for Long Term Care in Partnership with Moving Home Minnesota	Harborside 304
14 V	How to Talk to Porcupines: Crossing communication divides	Allie Birdseye-Hannula, M.S. Teaching - Secondary Social Studies, B.A. - Political Science	Harborside 305
15	The Basics of Clinical Supervision	Karen Edens, BA, MPH, President Emeritus of MARRCH, President, Director of Training, Edens Group Training Center	Lake Superior Ballroom J
16	Safe Harbor in a Storm: Minnesota's Response for Sexually Exploited Youth	Mel Alvar, Bachelors's of Science, Safe Harbor Regional Navigator; Tatiana Bergum, Bachelors's in Social Work, Safe Harbor Program Coordinator, both from PAVSA (Program for Aid to Victims of Sexual Assault)	Lake Superior Ballroom K
17	Reset, re-balance and relax your brain	Lyle Wildes, Master's, Brain Coach; Arron McQuarter, BS, Brain Tech, both from Positive Attitude Development	Lake Superior Ballroom L
18	Understanding Conspiracy Theory and Violence	Gerald Henkel-Johnson, Psy.D., Dr., Northland Human Resource Consultants	Lake Superior Ballroom MN
19	Problem Gambling Meets 21st Century Sports and Online Betting	Susan Sheridan Tucker, MUP, Executive Director, Northstar Problem Gambling Alliance	Lake Superior Ballroom O
20	Recognizing and Addressing the Unique Needs of LGBTQIA+ youth in the Forensic Interview	Caitie Dahl, Bachelors's of Science in Psychology, Forensic Program Coordinator, Multidisciplinary Team Facilitator, First Witness Child Advocacy Center	Split Rock 1
21	Moral Injury in the Social Services	Ed Morales, M.S.W. / M.P.P., Principal; Michelle Seymore, M., Principal, both from Socorro Consulting	Split Rock 2
22	CCAP 101	Tonia Villegas, B.A. Individualized Studies- PHHS, Sr. CCAP Financial Worker; Laura Polaske, Social Work, Licensors; Briana Lind, TBD, TBD; Barb Hultman, all from St. Louis County	St. Louis River

1 **Supporting Informed Choice in Housing for People with Disabilities**
Chester Creek

Helping a person navigate housing options can be complex with a fabric of local, state and federal programs and policies. Critical to success is using individualized, person-centered activities and tools to set goals and plan. This session will outline informed choice in housing for people with disabilities and demonstrate free, interactive, online tools available through Housing Benefits 101 that aid case managers and others in supporting people with disabilities.

2 **GA And MSA: Two Programs You Should Know More About**
French River 1

General Assistance (GA) and Minnesota Supplemental Aid (MSA) are important income support programs that help low-income single adults live better lives in

our communities. Knowing how GA and MSA work can improve your ability to connect people with these valuable resources. This workshop will cover eligibility, benefit amounts, and interactions with other programs. There will also be plenty of opportunities to ask questions.

3 **Boomers are Worth their Weight in Gold! The Economic and Societal Contributions of Older Adults.**
French River 2

As Minnesota's population ages, the focus is often on the cost of supporting an aging population. Changing the narrative from burden to contribution opens the door for older residents to play a critical role in economic and societal growth. The Longevity Economy, representing the sum of activities for people 50 years and older, fuels increased consumerism, ongoing employment, entrepreneurship, volunteerism, philanthropy, wealth

transfers, and taxation. But age discrimination, manifest in workplace behaviors, societal attitudes, and policies, requires shifts in understanding and approach especially related to new spending habits, technology adoption, aging in place, longer working lives, and a multigenerational workforce.

4 **Are Your Patients/Clients/Friends/You Sexually Active After 65? YOU BETCHA**
Gooseberry Falls 1

One of the more prevalent ageisms is that older people are no longer sexually active. I will discuss normal sexual function, what happens to that function as we age, and what if anything, can be done to improve or recreate sexual activity. Will also discuss sexuality in Assisted Living and Nursing Homes, how to manage it, ethics involved, etc.

Continued ➞

5 Providing a Healthy Peer Work Environment*Gooseberry Falls 2*

Wellness in the Woods employs 40 staff who identify as living with a mental health challenge. Peer staff provide services for the Peer Support Connection Warmline, Educational sessions, the Virtual Peer Support Network. Staff retention rate is 80%. Staff and organizational support foundations follow the evidence based Wellness Recovery Action Plan.

6 Person-Centered Approach to the Other Pandemic: Tobacco*Gooseberry Falls 3*

Big Tobacco has targeted individuals with substance use disorders and mental illnesses resulting in tobacco-related illnesses being their leading cause of death. Compared to current treatment standards, imbedding intensive tobacco treatment within mental health and SUD programs results in greater change. By providing education, motivational intervention, and medication access to all commercial tobacco users, we provide patient-centered care that is effective, evidenced by rate of abstinence (23%), number of people using tobacco cessation medications (61%), and progression through stages of change related to participants' stance on their tobacco use. Lung Mind Alliance can help your organization address tobacco with training/resources.

7 Factors Influencing Feelings Of Self Determination In Group Home Settings*Harborside 202*

This workshop will look at a holistic approach that provides support to the whole person, not just their mental health needs. It will also consider physical, emotional, social and spiritual well-being. It should focus on a person's wellness, not just their illness or condition. A holistic lifestyle means different things to different people... but at its core holistic living is caring for your entire self; mind, body, emotions and soul. This workshop was prompted by my work with a disabled client whose insights into living with a disability and how this defines his life in a group home setting gave me a new perspective. He would also like to present with me. He helped develop some of the handouts we will use. Other content provided will include some videos, a reading list and handouts.

We will do an exercise in the workshop both individually and in the group setting.

8 "Anybody Out There" Direct Care Workers?*Harborside 203*

The direct care workforce shortage is a significant concern for providers and users of service. A panel of people will discuss activities related to the shortage that staff within the Disability Services Division are engaged in. We will share innovative tools and promising practices, data on the situation and continued efforts to monitor, address and document the problem. While there are no "magic pills" to solve this problem, we will share what we have learned and invite you to come prepared to share any promising practices that your organization has been championing.

9 Shifts in Illicit Drug Use Heighten the COVID-19 Health Crisis*Harborside 204*

Early indicators suggest that the U.S. will experience a new all-time high for overdose deaths in 2020. Many of these overdose deaths are attributed to use of illicit fentanyl, though stimulant-involved overdose deaths are also increasing, often in combination with opioids, such as heroin and fentanyl. In 2019, methamphetamine was the most frequently identified drug confiscated by law enforcement followed by cannabis, cocaine, heroin, and fentanyl. Because these substances are widely available and contribute significantly to overdose deaths, tracked trends in urine drug testing positivity for these substances both pre- and post- COVID-19 national emergency declaration, will be discussed.

10 Loving Thy Neighbor, With or Without a Home - Unlocking the Value of the Bob Tavani House for Medical Respite*Harborside 205*

This workshop will describe the ongoing program development and evaluation plan for the Bob Tavani House for Medical Respite (BTH) as well as inter-actively explore how to improve medical respite in St. Louis County. BTH provides a safe, hygienic, and supportive place for patients discharged from Duluth-area hospitals or emergency departments who no longer need acute medical care, but are at risk of homelessness and too sick to recover on the street or in

a shelter. BTH is volunteer-run and has served more than 45 guests since 2018 by working with area health systems, ministries, government agencies, and community-based organizations.

11 The Art of Healthy Self-Talk*Harborside 303*

Drama free communication starts with you. The way you talk to yourself directly impacts how you both behave and interact with others. Examine how your self-talk often creates more drama in your life than is necessary. Learn to reframe your destructive thoughts into solutions-based thinking. Control your thoughts or they will control you. Explore strategies to help change your negative thoughts and go from "you stress" [bad stress] to "eustress" [good stress]. Understand how thoughts affect reality and how to work through your anger, fear and stress.

12 COVID Leadership Under Crisis: Ten Lessons for Adaptive Leadership Practices*Harborside 301 – 302*

COVID crisis management required leaders to expand their toolkit quickly and this session will explore ten lessons in building adaptive leadership capacity. Participants will learn the difference between technical problems and adaptive challenges, diagnosing your workplace system, mobilizing interventions and effectively deploying yourself as a leader as needed. We've all got lessons to share and you will have a chance to share some as well with colleagues in breakout rooms.

13 Self- Advocacy Training for Resident Councils*Harborside 304*

The Office of Ombudsman for Long-Term Care and Moving Home Minnesota have partnered to offer innovative and effective self-advocacy resources to educate and empower nursing home residents to advocate for themselves. Meet the Self-Advocacy Specialist and learn how you can share this free statewide service with people you support. Review eight training modules currently available including one specific to COVID-19. Participants will engage in interactive self-exploration exercises with tools designed to promote resident self-advocacy and empowerment.

**14 How to Talk to Porcupines:
Crossing communication divides**
Harborside 305

People who work with youths often encounter prickly personalities (porcupines) and difficult situations. Communication breakdowns such as differing perspectives, assumptions, or heightened emotions are often at the heart of these challenges. Unless you learn to quickly defuse and de-escalate these situations, your program or classroom outcomes may be at risk. Effectively redirecting a young person can help both of you cross communication divides. This training will give you a clear understanding of porcupines. You'll explore principles of effective communication strategies, including active listening, questioning, body language, and non-verbal skills to positively engage with porcupines. Through a mix of lecture and interaction, you'll broaden your communication know-how to skillfully handle porcupines and prickly situations. You'll gain confidence by learning to implement your own action plan for de-escalating and redirecting porcupines. Come ready to learn, laugh, and engage! You'll leave with a new appreciation for porcupines.

15 The Basics of Clinical Supervision
Lake Superior Ballroom J

The focus of providing and receiving supervision has expanded; not only is supervision identified as a best practice for service delivery to clients, there are also legal implications as identified in various state rule requirements. This session will provide a basic overview of the four domains of Clinical Supervision, will highlight what a supervisee can expect from supervision and the supervisee's "bill

of rights." As a result of this session participants will be able to: Describe the rationale for best practice supervision, describe the four domains of best practices of supervision, describe the "supervisee bill of rights."

**16 Safe Harbor in a Storm: Minnesota's
Response for Sexually Exploited
Youth**
Lake Superior Ballroom K

Creating a robust statewide safety net for Minnesota's youth who are being sexually exploited is no easy task, and no one entity can do it alone. It takes genuine partnerships, a public health approach, and commitment from all stakeholders. Attendees will learn about sexual exploitation, data on youth reporting exploitation, the Safe Harbor network of services, best practice approaches to support youth, prevention efforts, and how participants can become an important part of the Safe Harbor safety net for youth.

**17 Reset, re-balance and relax your
brain**
Lake Superior Ballroom L

Positive Attitude Development has brought Cereset Brain technology and Care to Duluth. Learn how to reset, re-balance and relax your brain for wellness and a sense of Well-Being. Learn more about the benefits of optimizing your brain and optimizing the quality of your life.

**18 Understanding Conspiracy Theory
and Violence**
Lake Superior Ballroom MN

Conspiracy Theory, as per Wikipedia, is "an explanation for an event or situation that invokes a conspiracy by sinister and powerful groups, often political in motivation, when other

explanations are more probable." Rather than based in facts, adherents to conspiracy thinking focus on faith and ignore or discount contrary factual information. Conspiracy thinking can be a form of extreme political ideology and likewise can lead to and justify violence. This presentation will describe the origins and dynamics of conspiracy thinking and the particulars of current groups that center around conspiracy belief structures

19 Century Sports and Online Betting
Lake Superior Ballroom O

Expansion of gambling is running rampant in the U.S. A 2018 U.S. Supreme Court ruling that overturned a ban on states legalizing sports betting has opened the floodgates to the largest expansion of gambling this country hasn't seen in three to four decades. Simultaneously, the rapid accessibility to mobile technology has increased the availability to gamble online on regulated and unregulated sites. Further, the rise of video gaming, with unregulated gambling elements embedded, along with the onslaught of enticing marketing to youths and adults is creating a perfect storm for increased problem gambling. Oh, and let's not forget the affects of a pandemic. Studies show that many can gamble without becoming addicted, but with sophisticated technology and 24/7 accessibility, it's not clear if our usual assumptions about gambling addiction will hold. What can we be doing now to minimize the gambling harms for all players whether addicted or not?

Continued ➞



FREE YOGA 11:30–12:15
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20 Recognizing and Addressing the Unique Needs of LGBTQIA+ youth in the Forensic Interview

Split Rock 1

LGBTQIA+ youth experience unique and difficult dynamics when making the decision to disclose abuse. It is important to recognize these nuanced dynamics and adapt inclusive practices into the forensic interview, and subsequent investigative team processes. In this lecture, we will examine some of these dynamics, and dialogue about strategies to implement more inclusive behaviors into our practice to better serve LGBTQIA+ youth throughout the forensic interview and abuse investigation.

21 Moral Injury in the Social Services
Split Rock 2

In this session, we will explore the concept of moral injury, which is an act or event that creates a profound transgression of one's own moral compass, and which can produce tremendous shame, guilt, and a sense of betrayal and anger. We will discuss how human services staff are at an increased risk of experiencing moral injury, how it impacts our work and our lives, and connect the concept to our larger efforts to support and empower the families and clients we work with.

22 CCAP 101

St. Louis River

How child care assistance benefits work within the county programs, who can and cannot qualify. How to become licensed, where to find information. What do you need to do for this resource. Common misconceptions about the process of licensing and child care assistance.

THURSDAY WORKSHOPS

Thursday, October 14	Session II Workshops	8:30–10:00 a.m.
23 Experience Dementia from the Inside Out	Krisie Barron, BSW/LSW, Caregiver Specialist/LSW, Embrace Chester Creek	Chester Creek
24 eVolunteering and eRespite “Zooming Far Beyond Zoom”	Joel Ackerman, MBA, B.A., Executive Director (Interim); Dona Wishart, B.S. Education, Executive Director, both from C.A.S.E.S Institute	French River 1
25 Talk the Talk, Walk the Walk: Using Teachable Moments in Sexual Abuse Prevention	Kylee Pass, Master's of Social Work, Advocacy and Prevention Program Coordinator, First Witness Child Advocacy Center	French River 2
26 Coordinating Autism Services and Supports: Accessing the Right Supports At The Right Time VP	Nicole Berning, Master's of Science, Board Certified Behavior Analyst; Kim Hicks, Master's of Arts, Special Education, both from the MN Department of Human Services	Gooseberry Falls 1
27 Responding to an HIV Outbreak in Greater Minnesota VP	Anna Bosch, MPH, HIV Testing Coordinator, Minnesota Department of Health; Sue Purchase, Director, Minnesota Department of Health; Liz Johnson, Harm Reduction Coordinator, Rural AIDS Action Network; Kathy Hermes, LSS Youth Services, Lutheran Social Services	Gooseberry Falls 2
28 What is a “Good Job” Anyway?	Cynthia Finley, B.A in Sociology and a B.A. in Communications, Re-Entry Case Manager; Keri Wirtanen, Bachelors's of Science Social Work, Career Specialist; Ri Preap, In progress, Career Specialist, all from SOAR Career Solutions	Gooseberry Falls 3
29 Hospice Demystified	Jessica Steele, MSW, LICSW, Hospice Liaison; Kelsey Tietje, LSW, MBA, Hospice Liaison; Jim Lord, , Hospice Liaison, all from Grace Hospice	Harborside 202
30 The Spoon Theory V	Amanda Crosby, Bachelor's in Science, IL Program Coordinator; Laura LeTourneau, IL Specialist; Jacob Knaffla, IL Specialist; Kiri Basore, IL Specialist, ; Chloe Tralle, IL Specialist; Melissa Canfield, Bachelor's, 245D Coordinator, all from Access North Center for Independent Living	Harborside 203
31 The Keys to Connection: Emotionally Focused Therapy Part One V	Cedar Rose Lundgren, MA, LPC; Kurt Wical, PhD, LMFT; Carolyn Dehnhostel, MA, LMFT, all from MN Couple Therapy Center	Harborside 204
32 EIDBI & ABA Services for Children with Autism	Sarah Ward, Master's in Education, Board Certified Behavior Analyst (BCBA); Megan Durst, Master's of Science, Supervising Behavior Technician, both from Accend Services	Harborside 205
33 The Basics of Comprehensive Assessments V	Karen Edens, BA, MPH, President Emeritus of MARRCH, President, Director of Training, Edens Group Training Center	Harborside 301-302

Thursday, October 14		Session II Workshops	8:30–10:00 a.m.
34 V	"I Don't Believe It!: The Psychology of Vaccine Hesitancy"	David Swenson, PhD, Psychologist, College of St. Scholastica	Harborside 303
35 V	Breaking the cycle of Jail and Homelessness	Kevin Fawcett, Master's in Criminal Justice, Director, New Opportunities	Harborside 304
36 V	Recovering with Mom: Lessons learned from children living with their mother in a treatment setting	Carmen Finn, MA, LAMFT, LADC, ADCR-MN, Sr. Director of Treatment Services; Sadie Broekemeier, MA, LPCC, LADC, Executive Director, both from Recovering Hope Treatment Center	Harborside 305
37	The Blanket Exercise	Rebecca LeMenager, MDiv, Rev.; Ron Osborne; James Muske; Kevin Kot; Ellen Taube; Luke Lekander, all from Together Here	Lake Superior Ballroom "J"
38	Laughter Therapy 101	Ms. Teddy Widdel, Certified Laughter Yoga Teacher and Trainer since 2008, Laughter Therapist, Self-Employed; Ms. Deborah Jackson, M.S.E., University of Wisconsin-Superior, Certified Laughter Yoga Instructor, Self-Employed	Lake Superior Ballroom "K"
39	Using Motivational Interviewing Strategies to Communicate Value and Respect	Lisa Peterson, MSE Reading, BS, Elementary Ed., Minors - Early Childhood Ed. and Adaptive Ed. - Special Ed., Relevant Training: Motivational Interviewing Levels I and II Advanced Practice, Regional Outreach Manager - Northern MN, Epilepsy Foundation of Minnesota	Ballroom "L"
40 VP	Child Trafficking And Exploitation Prevention Curriculum: Not A Number by Love146	Paula Schaefer, M.S, Safe Harbor Training Coordinator, Minnesota Department of Health; Mel Alvar, B.S, Safe Harbor Northeast Regional Navigator, Minnesota Department of Health; Tatiana Bergum, B.A, Safe Harbor Program Coordinator, North Homes Children & Family Services	Lake Superior Ballroom "MN"
41	Correcting misbehavior: A trauma informed approach	Dean Grace, Ed.D, Consultant, Northwood Children's Services	Lake Superior Ballroom "O"
42	The Journey to Authentic Leadership: Why "Being Yourself" Isn't Enough	Dawn Johnson, MBA and Master's of Arts in Management, Senior Learning & Development Analyst at ALLETE/Owner, On the Rise Development, LLC	Split Rock 1
43	Transportation Partnerships = Greater Access	Robyn Bernardy, MSW, Transportation Coordinator, Dakota County; Megan Zeilinger, Dakota County; Calli Cenizal, Senior Manager, Government and Transit Partnerships, Lyft; Greg Schaefer, Lyft	Split Rock 2
44	Journey to Loving the Self: Navigating Identity Development in Adolescents with Hearing Loss	Nicki Melby, MA, Mental Health Practitioner II, Therapeutic Services Agency; Chad Richardson, MA, Mental Health Practitioner II, Therapeutic Services Agency	St. Louis River
V = In-person presentation plus virtual broadcast VP = Virtual presentation			



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23 Experience Dementia From the Inside Out*Chester Creek*

By exploring dementia from the inside out, we can discover the world of dementia by understanding how people *living* with dementia experience their world. Understand ourselves as Caregivers and the reactions we have along the way. Learn the Positive Approach to Care and the Hand under Hand Philosophy that will enhance interaction and reduce negative responses.

24 eVolunteering and eRespite "Zooming Far Beyond Zoom"*French River 1*

eVolunteering (distance volunteering) will change, expand, and enhance volunteering and the impacts volunteers/organizations have on their communities! Additionally, eRespite supports caregivers. eVolunteering/eRespite require robust tools and capabilities far beyond basic video meetings. Agencies partnered with an innovative platform, *CommunO2*, creating a next-generation solution specifically for eVolunteering/eRespite. More people volunteer, existing volunteers contribute more often, caregiver capacity is increased, caregiver burnout diminishes, and agencies connect the right volunteers with right clients — anywhere. The system is implemented at multiple community-based organizations (CBOs). This session will describe the implementations/experiences, and the potential of eVolunteering/eRespite to benefit clients, caregivers, volunteers, CBOs, and entire communities.

25 Talk the Talk, Walk the Walk: Using Teachable Moments in Sexual Abuse Prevention*French River 2*

Sexual Abuse Prevention conversations are crucial to keeping children safe. It

has been found that 1 in 5 girls, and 1 in 20 boys are a victim of child sexual abuse, and that the family knows or trusts most sexual abuse offenders. Teachable Moments are daily opportunities that caregivers can use to provide intentional responses to instill sexual abuse prevention lessons and bodily autonomy role-modeling. This session is intended to help human service professionals learn not only how to "talk the sexual abuse prevention talk," but "walk the walk" each day in their work with kids and families.

26 Coordinating Autism Services and Supports: Accessing the Right Supports at the Right Time*Gooseberry Falls 1*

The focus of this presentation is to support social workers, educators, county case workers, providers and other professionals who serve people with autism spectrum disorder (ASD) and related conditions. Representatives from MN Department of Human Services will provide an overview of what services and supports are available in education, health care, public health, and social services - and how to best access those services. Information will be provided on the new ASD Services and Supports Online Navigation tool, the MN Autism Portal website, the new Early Intensive Developmental and Behavioral Intervention (EIDBI) online referral tool, and the Coordinating ASD Services and Supports online training. An emphasis will be placed on how to make referrals based on the person's strengths, interests and needs, as well as coordinate services so children, youth and young adults receive access to the right supports at the right time.

27 Responding to an HIV Outbreak in Greater Minnesota*Gooseberry Falls 2*

This presentation will include an epidemiological overview of the HIV outbreak in the Duluth area that was declared in March of 2021 and current response activities. As a result of many systemic barriers to care and prevention, this outbreak has disproportionately impacted people who inject drugs and people experiencing homelessness. Strategies and themes discussed may include testing, linkage to care, syringe exchange and harm reduction, PrEP/PEP, undetectable=untransmittable and stigma as they relate to HIV transmission and prevention. Presenters include staff from the MN Department of Health and vital community partners who are directly responding to the outbreak in real time.

28 What is a "Good Job" Anyway?*Gooseberry Falls 3*

What does it mean to get a "good job?" With varying messages from society, media, and their personal networks, it can be difficult for clients to achieve this goal; thereby impacting their motivation and self-esteem. We will provide ways for case managers to help clients find jobs that are good for them by exploring strengths, interests, values, and transferable skills. This workshop focuses on external and internal barriers, especially for re-entry clients who may not see a hope or a vision of what is possible after incarceration.

29 Hospice Demystified*Harborside 202*

Grace Hospice presents Hospice Demystified. This Hospice 101 presentation will discuss hospice eligibility, as well as the wonderful benefits and



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services that can be expected with Hospice care. We will share the facts about Hospice care and help address the common myths we encounter. We will also identify how Hospice services are paid for, and discuss which professionals make up the hospice team. Audience participation is encouraged as we look to learn about individual experiences, thoughts, and concerns.

30 The Spoon Theory

Harborside 203

This workshop will provide a unique way to help audience members understand a day in the life living with a chronic illness. This interactive workshop will allow the opportunity to “put yourself in one’s shoe” for a deeper understanding. The workshop will review Christine Miserandino’s “Spoon Theory” and demonstrate how it works. This workshop is geared towards professionals working in the field but may also be helpful for individuals currently living with a chronic illness. The Spoon Theory is a way to self-advocate and demonstrate in a straightforward way so others can truly understand. Many self-proclaimed “Spoones” find this theory helpful in explaining to others their chronic illness and how it is unique to them! Chronic illness includes but is not limited to; chronic pain, Fibromyalgia, Lupus or a chronic mental health diagnosis.

31 The Keys to Connection: Emotionally Focused Therapy Part One

Harborside 204

This is an exploration of the science of love; what makes for trust and deep connection in relationship. The session includes an overview of Emotionally Focused Couple Therapy, EFCT, which is successful in 75-90% of couples who complete the therapy, as well as a live role play demonstration. MN Couple Therapy Center began offering sessions out of its new Duluth Center during the pandemic from a temporary location, and also offers local teletherapy options.

32 EIDBI & ABA Services for Children with Autism

Harborside 205

Early Intensive Developmental and Behavioral Intervention (EIDBI) services provide intensive skills training to individuals up to age 21 with Autism Spectrum Disorder (ASD) and related conditions. EIDBI can include parent and

caregiver training, to provide families with additional tools to help teach their children to manage behaviors and learn new skills. EIDBI services use evidence based treatment modalities, including Applied Behavior Analysis (ABA). Individual sessions use the principles of ABA to teach skills, including functional communication, behavioral regulation, and daily living skills, and are individualized to meet the needs of each unique client.

33 The Basics of Comprehensive Assessments

Harborside 301-302

A comprehensive intake assessment has long been a cornerstone of behavioral health intake treatment planning and service delivery. A comprehensive assessment affirms a client is being referred to the appropriate levels of service in the continuum of care and further service foundations are available. Minnesota State Rule 245G specifies not only the essential elements required in a comprehensive assessment for clients with substance use disorders; but is also the applicable wide range of behavioral health and wellness options. As a result of this session participants will be able to: Describe the rationale for comprehensive assessments, Identify the essential elements of a comprehensive assessment Describe the process for integrating information gathered in the comprehensive assessment into ongoing service delivery

34 “I Don’t Believe It!”: The Psychology of Vaccine Hesitancy

Harborside 303

COVID has had devastating effects on health, the healthcare system, our economy, social life, and further divided us politically, yet many people are reluctant and even resistant to vaccinations. Vaccination hesitancy and mis/disinformation has been a public health issue since vaccinations were first developed in 1796. Understanding hesitancy during COVID and future epidemics and pandemics can help to ensure that we can better protect the public, reduce surges, and manage misunderstandings about vaccinations. This program will explain the psychology of the vaccine hesitancy continuum with emphasis on more reluctant beliefs and recommend methods for reducing reluctance.

35 Breaking the cycle of Jail and Homelessness

Harborside 304

What comes to mind when we think of the homeless population? It may often be substance abuse, criminal behavior, mental health and incarceration. Unfortunately, people who are homeless are often treated from a criminal justice viewpoint: as criminals. But jail is not working. It is time to examine the way we work with homeless people and begin to identify alternative solutions. This workshop will separate the criminal component from responsivity factors, helping providers break the cycle of homelessness.

36 Recovering with Mom: Lessons Learned From Children Living With Their Mother in a Treatment Setting.

Harborside 305

Recovering Hope Treatment Center is one of only a handful of treatment centers in Minnesota that allow children to live with their mother while the parent receives substance use disorder treatment. We know children who have parents who use substances are at greater risk for neglect, abuse and involvement in child protective services. This session will explore the impact of a family treatment setting on the children as discussed through case studies from Recovering Hope Treatment Center.

37 The Blanket Exercise

Lake Superior Ballroom “J”

The Blanket Exercise, originally created by Kairos in collaboration with Indigenous communities in Canada, is an interactive learning experience that raises awareness of the nation-to-nation relationship between Indigenous and non-indigenous peoples in the U.S. Based on real-life experiences of Native peoples, the Blanket Exercise is designed to increase knowledge about the laws, policies, and programs used during nation building by having participants literally walk through U.S. history. Participants are provided the opportunity to form a common member and begin conversation about how we can build intercultural bridges together. Participants may experience powerful emotions and can step away if needed.

Continued ➞

38 Laughter Therapy 101*Lake Superior Ballroom “K”*

Are you a drama Mama, or a pitiful Pop? Would you like to learn how to be happy on a regular basis instead of having your emotions on a constant roller coaster ride? Learn how Laughter Yoga is the perfect medicine to do just that, and many other benefits. Understand your laughter quotient, health benefits, and diaphragmatic breathing techniques that come from laughter. Everyone will leave with a plan to increase laughter in their life, and how to make it contagious. All ages and physical conditions welcome. No mat required. Come for the health benefits, stay for the fun!!!

39 Using Motivational Interviewing Strategies to Communicate Value and Respect*Lake Superior Ballroom “L”*

Discover ways to implement components of evidenced-based Motivational Interviewing (MI) to collaboratively communicate with clients and colleagues to increase skillfulness in value and respect. Learn how to use the MI including partnership, empathy, reflections, affirmations, open-ended questions, collaboration, and emphasizing autonomy to create an atmosphere of acceptance, compassion, and positive movement forward. Lisa will share a brief overview of epilepsy and examples of how she uses Motivational Interviewing through information services, client engagement, and customized support at the Epilepsy Foundation of Minnesota. Attendees will have the opportunity to participate in this workshop through activities to practice using Motivational Interviewing strategies.

40 Correcting Misbehavior: A Trauma Informed Approach*Lake Superior Ballroom “O”*

Learn why punishment only corrects 20% of misbehavior. If that doesn't sound good enough come to this training opportunity! The workshop will provide an effective, evidence-based approach to correct the other 80% of misbehavior. Learn how you can be less frustrated and more effective helping at-risk youth correct behavior and strengthen relationships.

41 Child Trafficking and Exploitation Prevention Curriculum: Not A Number by Love146*Lake Superior Ballroom “MN”*

Not A Number (NAN) is an interactive youth trafficking and exploitation prevention curriculum by Love146 designed to provide youth with information and skills in a manner that inspires them to make safe choices. Youth learn to identify and utilize healthy support systems that help decrease their vulnerabilities. Minnesota has been using the NAN curriculum with youth since 2017 with great results. Presenters will inform participants of how they can become a trained facilitator and/or how to bring NAN to their service area.

42 The Journey to Authentic Leadership: Why “Being Yourself” Isn’t Enough*Split Rock 1*

What does it really mean to be an authentic leader? We will explore both the bright side and the dark side of “authenticity” at work. Find out why advice to “be true to yourself” may stall your leadership career and how you can carve an intentional path to authentic leadership. At the end of this session participants will be able to: Define authentic leadership, discern between beneficial authenticity and harmful authenticity, describe key elements of being an authentic leader, utilize practices to build authenticity over the course of a career.

43 Transportation Partnerships = Greater Access*Split Rock 2*

Dakota County and Lyft have partnered on several projects to increase transportation access for individuals with disabilities and jail releasees which has resulted in greater transportation access throughout the county and an improvement in individual's quality of life. Learn from both Dakota County and Lyft staff as to how they are working together to use Home and Community Based Service waiver funding to provide rides for individuals

with disabilities (including Wheelchair Accessible Service!), tax funds to provide rides to jail releasees and more — and how you can bring this model to your area.

44 Journey to Loving the Self: Navigating Identity Development in Adolescents with Hearing Loss*St. Louis River*

Identity development for adolescents with hearing loss is a fluid process impacted by many factors. The audience will learn about theories of how adolescents with hearing loss develop their identity and different types of identities. This presentation will also explore how parenting styles, social media, friendships, empowerment, balancing autonomy with togetherness, cultural literacy, and social communication influence adolescents' identity development. With the right mix, adolescents will likely be more confident and have higher self-esteem when navigating in hearing world.

Thursday, October 14		Session III Workshops	10:30 – 12:00 p.m.
45	Increase Independence with a Smart Pillbox	Alaina Gallagher, Bachelors's of Science, CMO, Dose Health Chester Creek	Chester Creek
46 VP	Rolling with Resistance: Working Successfully With Homeless Clients Who "Don't Want Help"	John Petroskas, JD, Policy Specialist, MN DHS	French River 1
47	What the Stonewall Generation Wants from You	Maren Levad, MA, Aging Advocate; Dylan Flunker, Research & Policy Manager, both from Rainbow Health MN	French River 2
48 VP	Changing the Narrative on Suicide Prevention	Jenilee Telander, Bachelors's of Political Science, Suicide Prevention Coordinator; Kelly Felton, Bachelors's of Criminal Justice, Suicide Prevention Coordinator, both from Minnesota Department of Health	Gooseberry Falls 1
49	Civil Legal Services – Reducing Barriers to Justice	Dori Streit, J.D., Executive Director; Rachel Albertson, Development & Communications Manager, both from Legal Aid Service of NE Minnesota	Gooseberry Falls 2
50	How to Love Yourself More with Meditative Movements	Ellie Peterson, BA, Inspirer, Creator of Meditative Movements, Power of Positive Workouts	Gooseberry Falls 3
51	Northstar Assistance Program Town Hall Meeting	Catrina Ankarlo, MPA, Permanency Quality Assurance Consultant; Elisha Wolfman, BSW, Permanency Quality Assurance Consultant, both from MN DHS	Harborside 202
52 V	Technology Needs Assessment Outcomes	Rebecca Lambert, BA Political Science, ARQC Program Coordinator; Lori Moench, BS Social Work, ARQC Program Manager; Karen Larson, Licensed Practical Nurse, Region 10 RQC Program Coordinator, all from Arc Northland	Harborside 203
53 V	The Keys to Connection: Emotionally Focused Therapy Part Two	Cedar Rose Lundgren, MA, LPC; Kurt Wical, PhD, LMFT; Carolyn Dehnbostel, MA, LMFT, all from MN Couple Therapy Center	Harborside 204
54	Inclusive Sexuality	Meredith Kujala, BA in Social Work, Adult & Family Services Manager, Arc Northland	Harborside 205
55 V	Confronting Asian Hate as One Community	Maypakou Ly, Master's in Public Policy; Julie Kim, MSW Social Work; and Julia Cheng, BA International Relations/MS Engineering, all three from the Organizing Team; Viann Nguyen-Feng, PhD, MPH Psychology and Public Health Epidemiology, APIDA member, all from Twin Ports APIDA Collective	Harborside 301-302
56 V	How Was Work Today? Wellbeing and Resilience at Work	Barbara Bengtson, PhD, Consulting Psychologist, Perception Coaching LLC	Harborside 303
57 V	Medications for Opioid Use Disorder (MOUD/MAT): Talking With Clients, Families, and Colleagues About Facts Versus Fiction	Keri Hager, PharmD, Clinical Pharmacist, Associate Professor, Co-Associate Dean for Clinical Affairs; Jadrianne LaTulip, LSW, LADC, Counselor – both from the Center for Alcohol & Drug Treatment/University of Minnesota College of Pharmacy Duluth Campus; Bradley Hoder, Certified Peer Recovery Support Specialist (CPRSS), Human Development Center; Melissa Latimore, MEd, LADC, ADCR, Program Director; Jenn Villa, Social Work, Licensed Alcohol and Drug Counselor, Clinical Supervisor – both from the Center for Alcohol and Drug Treatment/Clearpath; Erin Ashcroft, BSW, LADC, Counselor, Center for Alcohol and Drug Treatment	Harborside 304
58 V	Overeaters Anonymous: Key to Recovery	Becky N. and panel, Northern Serenity Intergroup Member, Overeaters Anonymous	Harborside 305
59	Ethics and Critical Decision Making	Karen Edens, BA, MPH, President Emeritus of MARRCH, President, Director of Training, Edens Group Training Center	Lake Superior Ballroom J
60 VP	MN Youth Human Trafficking and Exploitation Identification Tool and Guide: A Look Inside	Paula Schaefer Schaefer, M.S, Safe Harbor Training Coordinator, Minnesota Department of Health	Lake Superior Ballroom K
61	Using Charting the LifeCourse Trajectory With Young People And Their Families	Carrie Jakober, BA, Family Connections Coordinator, Department of Current Services, Lake Superior Ballroom L	Lake Superior Ballroom L

Continued 

Thursday, October 14		Session III Workshops, continued	10:30 – 12:00 p.m.
62	The Challenges of Being a New Therapist: What You Never Learned in Graduate School (But Really Need to Know)	David Swenson, PhD Counseling Psychology, Psychologist, College of St. Scholastica; Erin Koski, MEd Counseling, Therapist, College of St. Scholastica; Kathryn Schmidtbauer, MA Counseling, Mental Health Therapist, Lakeview Behavioral Health; Allan Kelly, BA Psychology (enrolled in MSW program), Therapist, Northwood Childrens Services	Lake Superior Ballroom MN
63	Exploring our Humanness	Krisie Barron, BSW LSW, Caregiver Specialist LSW, Embrace	Lake Superior Ballroom O
64	Housing Support: New eligibility and access	Brad Gingras, BS, K12 Science Education, Owner, Superior Strategies, LLC	Split Rock 1
65	Generations Unmasked!	Rajean Moone, PhD, LNHA, FGSA, Faculty Director, University of Minnesota	Split Rock 2
66	Building Advocacy Relationships with Resistive and Reluctant Caregivers	Kylee Pass, Master's of Social Work, Advocacy and Prevention Program Coordinator; Ryan Prouty, Bachelors's of Applied Science, Family Advocate and Trainer, both from First Witness Child Advocacy Center	St. Louis River
V = In-person presentation plus virtual broadcast VP = Virtual presentation			

45 Increase Independence With a Smart Pillbox
Chester Creek

People mismanaging their medications can result in them being unnecessarily hospitalized or moved into a facility to help them stay safe. With the use of technology, people can safely remain on track with their medications and maintain or increase their independence.

46 Rolling with Resistance: Working Successfully With Homeless Clients Who "Don't Want Help"
French River 1

Some people experiencing homelessness are extremely reluctant to accept our help. Engaging with clients, despite their uncertainty about the services we offer, is an essential step in building and maintaining relationships that help them achieve their goals. This presentation will focus on concrete things you can do to connect with reluctant clients. The presenter has a long history of working successfully with people who are homeless and have refused other offers of assistance.

47 What the Stonewall Generation Wants from You
French River 2

The Lavender Scare, Stonewall, The Birth of Pride, AIDS, Don't Ask Don't Tell, Marriage Equality, Transgender Bans. LGBTQ older adults living today have experienced sweeping cultural changes and systematic discrimination that has often created a mistrust of medical professionals and institutions. At an individual level, they may have experienced trauma and/or estrangement from their families of origin. In this session, we'll share the

preliminary results of the 2021 LGBTQ 50+ Minnesotans Needs Assessment and how Rainbow Health and our community partners are working to align services with community needs.

48 Changing the Narrative on Suicide Prevention
Gooseberry Falls 1

Suicide brings up different feelings, beliefs and attitudes for everyone. Saying the word suicide can be uncomfortable and uncertain to some people. Attend this session to learn some different approaches to begin the conversation on how to start changing the narrative around suicide prevention. Throughout this time together, it is the goal that participants will leave with practical tips and resources on how to start looking at suicide prevention through a different lens.

49 Civil Legal Services — Reducing Barriers to Justice
Gooseberry Falls 2

Civil Legal Aid is free legal assistance to the most vulnerable in our communities who have civil legal issues that impact safety, security, shelter, economic security, and more. The COVID-19 pandemic moved the legal system virtual, creating a digital divide that has disproportionately impacted the communities served by Minnesota Legal Aid. Access to the legal system and a chance at justice is only available to those who have access to technology. Come learn about the new and innovative technological initiatives of Minnesota Civil Legal Services to address these issues and provide greater access to civil legal services.

50 How to Love Yourself More with Meditative Movements.
Gooseberry Falls 3

Learn an empowering self-care meditation practice that incorporates simple movements that can be performed throughout your routine day to release stress when you feel it. These therapeutic movements combine the breath with core value affirmations to help you love yourself more. They are adaptable to anyone's physical ability and are approximately two to four minutes. A 2017 University of Minnesota research study found this innovative technique reduces anxiety, depression and fatigue while improving emotional and functional well-being. As you honor your experience, the care you give to others is richer and more impactful.

51 Northstar Assistance Program Town Hall Meeting
Harborside 202

The session will provide information about the Northstar Adoption & Kinship Assistance Program including who might be eligible for the program, what benefits are offered, and a brief overview of the application process. Please bring your questions and let's have a conversation about Northstar!

52 Technology Needs Assessment Outcomes
Harborside 203

The Regional Quality Councils (RQC's) strive to improve services, supports, and quality of life for people with disabilities. The RQC's developed a Technology Needs Assessment to identify barriers to accessing and navigating technology for people with disabilities in Minnesota. Further discussion around the investment

and development of innovative solutions for people with disabilities is critical for people to be able to connect with others and to successfully use and maintain technology. The information that was collected will help identify and develop resources and trainings related to technology rights and access for Minnesotans with disabilities. Join us for a conversation about the survey outcomes and what it means for the communities we work in.

**53 The Keys to Connection:
Emotionally Focused Therapy Part Two**

Harborside 204

This second session applies Emotionally Focused Therapy theory and process to work with individuals. Sue Johnson, the developer of Emotionally Focused Couple Therapy, recognized that even when individuals come to therapy, it can be very helpful to use attachment theory, systems concepts and experiential therapy techniques to support emotional regulation and well being. Therapeutic change is based on the therapist helping the individual have a corrective experience in the session. An overview of Emotionally Focused Individual Therapy (EFIT) will be provided, as well as live role play demonstration.

54 Inclusive Sexuality

Harborside 205

Within the disability community, there is a large percentage of people who never received education on healthy sexuality and how to have healthy intimate relationships. Just like anyone else, everyone should be allowed to have healthy happy relationships. Come to this workshop to learn about the importance of making this education inclusive to everyone and how to be an ally to those in the disability community. The workshop will provide resources to materials on this topic and services in their own community.

55 Confronting Asian Hate as One Community

Harborside 301-302

Despite the 22 million Asians living in the United States, this community has endured the historic struggle of being defined as “perpetual foreigners” and even more so as hateful rhetoric about COVID fans the flames of fear and hate. The Twin Ports APIDA (Asian Pacific Islander Desi American) Collective is a newly formed group of committed indi-

viduals educating the community about Asian American history, building bridges for community wellbeing and advocating for equity and justice. Speakers will reflect on what it means to be Asian in these current times, confronting Asian hate crimes, mental health impacts of hate, and the adverse impacts of silence and invisibility. Come learn about how you can be an ally to APIDA community members, be alert and be responsive to acts of hate.

56 How Was Work Today? Wellbeing and Resilience at Work

Harborside 303

How was work today? Your response to this question matters! Many connections flow from interactions and time at work, so your feelings about work significantly impact your overall wellness. Develop workplace wellbeing and resilience with research-based strategies from Gallup's most recent publication: Wellbeing at Work (May 2021). We will explore how productive conversations and a focus on strengths can develop wellbeing and the resilience of individuals, as well as organizations. Wellbeing can be measured and improved; assessment strategies will be shared.

57 Medications for Opioid Use Disorder (MOUD/MAT): Talking With Clients, Families, and Colleagues About Facts Versus Fiction

Harborside 304

Participants will actively engage with biomedical and psychosocial clinical staff, and a peer recovery specialist with lived experience to learn about medications for opioid use disorder (MOUD/MAT) treatment. Participants will leave this workshop able to describe MOUD, as well as naloxone use to reverse opioid overdose, summarize the research supporting use of MOUD, identify programs for individuals to access MOUD, discuss stigma that prevents treatment, and leave with new ideas about how to talk with clients, families, and colleagues about MOUD. Participants will also be taught how to administer intramuscular Naloxone (Narcan) and leave with a free kit.

58 Overeaters Anonymous: Key to Recovery

Harborside 305

Overeaters Anonymous (OA) is a 12-step program for people struggling with compulsive overeating and compulsive

food behaviors. Especially in light of the Pandemic, attending regular OA meetings, including online options, has been key to connection and recovery. A panel of OA members will share their stories of relief from food obsession and compulsive eating through the love and support they experience in the OA fellowship. Going to meetings and connecting with others are cornerstones of recovery. This workshop will show how anyone can begin the recovery journey towards a life of physical, emotional, and spiritual health.

59 Ethics and Critical Decision Making

Lake Superior Ballroom J

Ethics and ethical practice have both been long-standing competencies required of helping professionals. Ethical practice is often challenged when resolving an ethical dilemma or compromise. Helping professionals need a critical decision-making model that can be integrated into daily practice. This session will highlight the core values of ethical practice and provide an effective critical decision-making model that can be adapted to ethical concerns often encountered in the helping professions. As a result of this session participants will be able to: Identify core ethical values in the helping professions, describe a critical decision model and integrate a critical decision-making model into common ethical dilemmas or compromises.

60 MN Youth Human Trafficking and Exploitation Identification Tool and Guide: A Look Inside

Lake Superior Ballroom K

The MN Youth Human Trafficking and Exploitation Identification (MYTEI) Tool and Guide focuses on identification of youth who may be experiencing human trafficking or exploitation. This interactive workshop will discuss the development and implementation of the MYTEI. We will also cover the trauma-informed safety protocols for having conversations with youth about these difficult topics. The target audience for this session are people who work in education, health-care, child welfare, juvenile justice and youth serving organizations. It is for people who are not well versed in working with youth who experience labor or sex trafficking/exploitation and are looking for a tool to help them identify youth in their service sectors.

Continued ➞

61 Using Charting the LifeCourse Trajectory With Young People and Their Families

Lake Superior Ballroom L

Charting the LifeCourse is a simple easy to use person and family centered framework that helps individuals and families explore, articulate a vision and plan for the life they want. Charting the LifeCourse principles and tools help to engage, explore, and explore. **CANCELLED** problem-solve, navigate and advocate for supports. We will focus this session on how we can have more meaningful conversations and support children/young people with disabilities and their families to communicate their wants (and don't wants) in planning for the future by using the Charting the LifeCourse — Life Trajectory Tool.

62 The Challenges of Being a New Therapist: What You Never Learned in Graduate School (But Really Need to Know)

Lake Superior Ballroom MN

The title of “therapist” covers a broad range of professions and most require graduate level certification. Such programs are usually confined to two years and cannot cover all the situations and issues in which therapists find themselves, yet many new therapists are not fully prepared for their careers. This panel presentation will present the research and personal experiences of three therapists with different backgrounds regarding their preparation and unexpected challenges. Discussion will include implications for graduate students and faculty, employers, and supervisors.

63 Exploring our Humanness

Lake Superior Ballroom O

UNDERSTANDING why we do what we do as humans, is imperative to SUPPORTING the Dementia Journey. How we SEE each other affects the connection we have and our ability to work as a Care Team. What do we see? What value do they hold? How to “Support Yourself in the Moment” and discover how telling ourselves better stories create amazing human experiences.

64 Housing Support: New Eligibility and Access

Split Rock 1

Staff from DHS Housing and Support Services Division will present about updates to the Housing Support program. People exiting residential behavioral health treatment facilities without stable housing are now able to access Housing Support without verifying income and assets for up to 3 months. Increased access to housing will allow people leaving treatment an opportunity to build stability, elevating the capacity they built while in treatment. Attendees will also learn about additional resources, supports, and tools available to support clients in building upon their own strengths and reaching their own goals.

65 Generations Unmasked!

Split Rock 2

Working from home is against company policy. Video conference meetings won't work for us. People working from home are too distracted. Statements like this were common, until we were forced to change, quickly! How the generations are adapting however is quite different.

This seminar will provide generational trends, characteristics and most importantly, strategies to provide insight and understanding into the impacts of the pandemic on our workforce but more importantly where trends are headed to help leaders understand not only their clientele, but also their staff and colleagues desires.

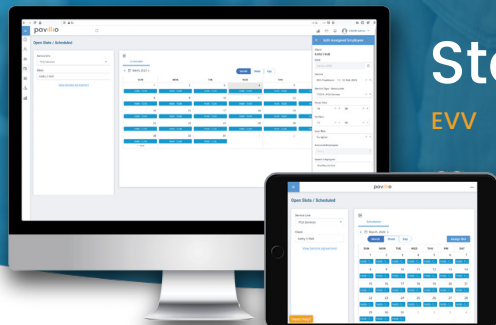
66 Building Advocacy Relationships with Resistive and Reluctant Caregivers

St. Louis River

This session will allow participants to dive deeper into the relationships they have with families and caregivers while navigating the criminal justice and child welfare systems. Presenters will discuss implications around why a caregiver may be seen as non-compliant when working with systems professionals. Utilizing First Witness's holistic advocacy perspective, presenters will shed light on the lived experiences of the families we serve and explore how an individual's personal intersectionalities can affect their response, and how they may present to the professionals that are working with them.



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Thursday, October 14		Session IV Workshops	1:00–2:30 p.m.
67	Minnesota, We're Not Getting Any Younger!	Georgia Lane, LGSW, Senior Community Planner, Arrowhead Area Agency on Aging	Chester Creek
68	Art Therapy Tools for New Therapists	De Ana Nelson, MA, Licensed Professional Counselor, Beautifully Broken Refuge Ranch	French River 1
69	Supporting Children with No NOC: Advocacy to Forensic Interview	Alexandra Dischinger, B.A Criminology, Forensic Interviewer and Trainer, First Witness Child Advocacy Center	French River 2
70	Interviewing Children with Disabilities	Tyra Jaramillo, BA in Criminology, Forensic Interviewer & Trainer, First Witness Child Advocacy Center	Gooseberry Falls 1
71	"Evidence Based Practice": Myth and Reality	Dean Grace, Ed.D, Consultant, Northwood Children's Services	Gooseberry Falls 2
72	Young Adults and Mental Health During the Pandemic	Beth Fait, M.H.A., M.Ed., PhD candidate, Ms., Walden University; Lauren Buchholz, BS Biology/Health Humanities, Pre-Medical Student, Walden University; Nicole Campbell, Nursing Student, Student, College of St. Scholastica	Gooseberry Falls 3
73 VP	Transforming Transportation for the 'New Normal'	Beverly Sidlo-Tolliver, Master's in Sustainability, Senior Planner, Arrowhead Regional Development Commission; Jennie Rowland, Transportation Manager, Big Woods Transit; Karen Herman, Executive Director, Udac; Martina Johnson, Adult and Home & Community Based-Services Supervisor, Cook County Public Health & Human Services	Harborside 202
74 VP	Social Security Disability: Before, During, and After the Application	Tanya Heitzinger, MA Organization Mangement, BA Criminal Justice, Medical Relations Office; Sarah Dicks, Master's Level, Medical Relations Officer, both from MN Disability Determination Services	Harborside 203
75 VP	Your Oxygen Mask First: Addressing Burnout & Compassion Fatigue	Jillian Wright, MPS, Clinical Trainer, Center for Practice Transformation, University of Minnesota	Harborside 204
76	Another Way of Loving	Glenn Tobey, M. Div.; M. A. in management, Psychotherapist, Qigong Master, private practice; Katrina Tobey, MA, Psychologist, Qigong Master, private practice	Harborside 205
77 V	Racelighting: When Good Intentions Fall Short	Dr. Marsha Lue, EdD, Graduate Advisor: Education Department; Colleen Bernu, Bachelor's of Science Degree, DEM and Minister for Diversity, Equity, and Inclusion, both from the University of WI-Superior	Harborside 301-302
78 V	What Do a Bunch of Kids Have to Say Anyway?	Taylor McClung, MSW, LGSW, Program Manager; Samantha Wunch, BA, Case Manager, both from Lutheran Social Service of Minnesota; Laura Brandt, MSW, Minor Parent Program & Youth in Transition Program Social Worker, St. Louis County; and a panel of young adults from the Duluth Youth Leadership Council	Harborside 303
79 V	Sexual Assault Exams: Screening for Strangulation and Sex Trafficking	Em Westerlund, BA, MAPL, PAVSA Sexual Assault Nurse Examiner Program Coordinator; Alisha Blazevec, RN, BA, SANE-A, Lead Sexual Assault Nurse Examiner; Jennifer Baumann, RN, SANE-A, Sexual Assault Nurse Examiner; Alaine Ripley, RN, BA, SANE-A, Sexual Assault Nurse Examiner; Theresa Flesvig, RN, BA, SANE-A, Sexual Assault Nurse Examiner; Katie Laney, RN, BA, Sexual Assault Nurse Examiner, all from the PAVSA Sane Program	Harborside 304
80 V	A Family Problem Requires a Family Solution: How families Are Affected By Addiction, and What To Do About It	Sherry Gaugler-Stewart, BS, Director of Family and Spiritual Recovery, The Retreat	Harborside 305
81	It's OK To Call Us Queer And Other Things To Know About Us	Kathy Hermes, B. S., Program Coordinator, Lutheran Social Service; May be joined by co-worker(s), parent(s) or youth(s)	Lake Superior Ballroom J
82	From Sex-Trafficking to Prostitution: the Impact on Native American Populations	Caroline Blacketter, Native American Studies Ph.D., Dr. Chris Stark	Lake Superior Ballroom K
83	Cultural Responsivity: A Tool for Treatment, Engagement, and Sustained Recovery	Tim Walsh, Doctorate in public administration, MA Counseling, BA Biblical Studies and Social Sciences/Psychology from, Vice President of Long Term Recovery and Mental Health Services; Rev. Kevin Saunders, both from Minnesota Adult and Teen Challenge	Lake Superior Ballroom L

Continued ➞

Thursday, October 14	Session IV Workshops, continued	1:00–2:30 p.m.
84 Treating Trauma with Regression Therapy	Jennifer White, Master's Degree, Licensed Psychological, Psycnsew Creations	Lake Superior Ballroom MN
85 Walking Alongside Youth Survivors of Trafficking	Mel Alvar, Bachelors's of Science, Safe Harbor Regional Navigator, PAVSA (Program for Aid to Victims of Sexual Assault); Tatiana Bergum, Bachelors's in Social Work, Safe Harbor Program Coordinator, PAVSA (Program for Aid to Victims of Sexual Assault); Anne LaFrinier-Ritchie, Regional Navigator, Someplace Safe; Andrea White, Regional Navigator, Olmsted County; Kate LePage, Regional Navigator, Lutheran Social Services, Brainerd	Lake Superior Ballroom O
86 From Autopilot back to Awareness	Susan Beaulieu, Master's in Public Policy, Extension Educator, University of Minnesota Extension	Split Rock 1
87 Implementing the Family First Prevention Services Act to help Minnesota Children and Families Thrive- Understanding The Options For Meeting Children's Needs In Residential Care (Part I)	Deb Beske Brown, DHS Child Safety and Permanency Division, Family Support and Placement Services Unit Supervisor; Sarah Ladd, DHS Child Safety and Permanency Division, Human Trafficking Child Protection Program Coordinator; Tamara Moore, DHS Child Safety and Permanency Division, Program Specialist; Nicolas Vogel, DHS Child Safety and Permanency Division, Extended Foster Care Policy Specialist, all from DHS	Split Rock 2
88 You Have Your "To Do List" But Do You Have Your "To Be List"? How Are You Supporting Yourself In The Moment?	Krisie Barron, BSW LSW, Caregiver Specialist/LSW, Embrace, LLC	St. Louis River

V = In-person presentation plus virtual broadcast VP = Virtual presentation

67 Minnesota, We're Not Getting Any Younger!

Chester Creek

2020 marked the year when there are more Minnesotans 65+ than there are children 18 and under. This unprecedented demographic shift calls us to reframe the way we think about aging. Research shows most older Minnesotans want to remain in community as long as possible, but often lack the necessary supports and opportunities to do so. Age Friendly Communities are great places for people of ALL ages and promote healthy lifestyles through 8 interconnected domains of livability. Learn about the global network of Age Friendly Communities and how to incorporate an Age Friendly lens into your work.

68 Art Therapy Tools for New Therapists

French River 1

Many times new therapists need tools that help their clients open up, these art therapy projects will help the therapist understand their client and will create a safe environment for the client to begin to share their struggles.

69 Supporting Children with No NOC: Advocacy to Forensic Interview

French River 2

This presentation will speak to the prevalence of children with no NOC who come to the child advocacy center, and how we provide individualized advocacy and forensic interview techniques to these children. Systems change will also be discussed when systems or policies do not serve these children well, and

starting points to facilitate these conversations.

70 Interviewing Children with Disabilities

Gooseberry Falls 1

This session will explore how interviewing children with disabilities differs from interviewing children without disabilities, and will review best practices. Attendees will learn how to adjust the physical space for children with physical, mental, and/or developmental disabilities, as well as how to adjust their interview question structure and phrasing. This session will begin with an overview of best practices surrounding working with children with disabilities in general, and how to adjust your organization and/or workspace to be as child friendly as possible. It will then dive into forensic interviewing best practices and applicable research on interviewing children with disabilities.

71 "Evidence Based Practice": Myth and Reality

Gooseberry Falls 2

We hear a lot about Evidence-Based Practice. What does that mean? You'll be surprised. We're told we need to use EBP in order to bill, but what do we know works with children? Not nearly as much as most believe. This workshop will examine what we know works, what we know doesn't work (including things we thought did work), and what we simply don't know, but do anyway. If you're serious about having your child-focused practice grounded in science check this out.

72 Young Adults and Mental Health During the Pandemic

Gooseberry Falls 3

The culture of mental health on a college campus has some unique attributes as students are in transition and frequently live in community with each other. Mental illnesses such as depression and anxiety are increasing on college campuses. This session will explore issues and strategies for improving mental health in college students and the relationship of these challenges to the population at large. This talk will include conversations with young adults reflecting on the past few years, which can provide insight into how our society needs to change—not only for this age group, but for the whole community.

73 Transforming Transportation for the 'New Normal'

Harborside 202

In the Arrowhead region, transit service, volunteer driver programs, county-based transportation programs, and health care-based transportation coordinated with agencies outside their respected field to provide essential services. The importance of nontraditional stakeholder relationships and coordination was in the forefront of responding to the COVID-19 pandemic and the transportation industry experienced a shift away from of its usual service obligations and implemented new services to meet the needs of communities. This panel will speak on their agency's experience navigating service delivery during the pandemic, new

relationships that were formed, new services added, and new perspectives that have shaped their agency moving forward.

74 Social Security Disability: Before, During, and After the Application
Harborside 203

In this session, we will discuss what is needed before applying for Social Security Disability, tips on applying, how we make our medical decision, and the appeal process. We will also discuss common myths VS facts. Bring your questions.

75 Your Oxygen Mask First: Addressing Burnout & Compassion Fatigue
Harborside 204

Practitioner compassion fatigue and burnout are such pervasive and persistent issues in the helping profession that an entire industry of authors, coaches, and trainers has sprung up to address the problem. Be it books, videos, presentations, retreats, and/or organizational consultation, the advice given for healing the healer's heart falls into one or two categories: (1) do more of this, and (2) do less of that. But what if what we really need to do is option #3 "do differently?" This session begins by exploring the phenomena of compassion fatigue, how it intersects with burnout and secondary trauma and its tell-tale signs and phases. From there, we delve into evidence informed individual and agency-level "do differently" strategies to prevent and resolve the "the cost of caring" and provide ethically sound practice.

76 Another Way of Loving
Harborside 205

There is much going on where the voices of anger, hatred, and chaos seem to dominate, and be heard clearly. Difficult to love this; needing another way of listening to the screams: to hear their whispers, their voice from the heart. "Another way of loving" guides one away

from needless distractions into a depth of loving in a powerful way: as if it were the most natural thing in the world. Practical applications for your daily life provided.

77 Racelighting: When Good Intentions Fall Short
Harborside 301-302

Coined by Drs. Frank Harris III and J. Luke Wood, racelighting is the term for a very real, lived experience that many may not be familiar with. *Racelighting: When Good Intentions Fall Short* explores racelighting — what it is, how it's used, when good intentions mask it, and how it impedes bridge building between diverse people groups. And it is perfect for anyone looking to further develop their ability to engage in truth-telling, healing and justice work, whether an ally or someone from a racialized people group.

78 What do a Bunch of Kids Have to Say Anyway?
Harborside 303

It turns out they have plenty to say. Here is your opportunity to listen to current and former foster youth discuss their experiences in foster care (including extended foster care), what works and what doesn't work, and everything in between. Be prepared for a fresh and honest perspective of life in care.

79 Sexual Assault Exams: Screening for Strangulation and Sex Trafficking
Harborside 304

Learn how PAVSA Sexual Assault Nurse Examiners are incorporating best practices to screen for signs of trafficking and/or strangulation during forensic evidentiary examinations with sexual assault survivors. The presentation will include information on the importance of identifying these risk factors early and

applicable medical and social service interventions. Presenters will also share screening tools and additional resources to help providers make informed referrals.

80 A Family Problem Requires a Family Solution: How Families Are Affected By Addiction, and What To Do About It
Harborside 305

When a loved one struggles with addiction, families tend to focus their energy and attention on getting that person well. Most believe that if their loved one finds help, then everyone else will be okay. Many family members can see the negative impact and consequences of addiction on their loved ones, but find it difficult to see the depth of how they've been affected. This session will look at ways families are affected by the disease of addiction, and how to overcome the obstacles that stand in the way of families finding support for themselves.

81 It's OK To Call Us Queer And Other Things To Know About Us
Lake Superior Ballroom J

This presentation is part of educational outreach conducted by Lutheran Social Service's Together for Youth, a social support group for LGBTQIA2S+ and allied youths. Participants will gain a deeper understanding of the challenges young people face, from living life in the closet to being out and proud. In addition to personal stories, topics covered may include presumed heterosexuality, heterosexual privilege, cisgender privilege, homophobia and transphobia. Microaggressions and micro-affirmations will be addressed as well as the important role of allies. Emphasis will be placed upon non-binary and trans identities, policy protections and more considerably responsive workplaces practices.

Continued ➞



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82 From Sex-Trafficking to Prostitution: the Impact on Native American Populations

Lake Superior Ballroom K

What is the difference between sex-trafficking, prostitution, and sex work? How does society view and treat individuals who are caught up in “the life”? Why are Native American people exponentially involved in sex trafficking? This presentation will give you some answers and also guide an essential reflection and discussion on the various legal structures that exist today for people who take part in sexual exploitation.

83 Cultural Responsivity: A Tool for Treatment, Engagement, and Sustained Recovery

Lake Superior Ballroom L

One of the most important issues facing treatment providers is how to meet the needs of an increasingly diverse population. People of all backgrounds and cultures struggle with addiction and co-occurring mental health disorders. Cultural differences can play a big role in one’s recovery from addiction and mental health. Culturally responsive approaches can increase client engagement, therapeutic rapport, motivation, and adherence. This session will explain the role of cultural beliefs and belonging in both addiction and recovery; it will demonstrate how cultural beliefs and belonging, when addressed during the treatment process, lead to better outcomes.

84 Treating Trauma with Regression Therapy

Lake Superior Ballroom MN

Many people with mental health problems can trace their current day issues to trauma from earlier in life. Regression therapy allows therapists to address trauma at the source. This allows for installing resources to defuse the trauma

impact and thereby resolve unhealthy thinking and self talk that perpetuates current day mental health concerns. Regression therapy is a powerful tool for therapists to enable rapid change in their clients.

85 Walking Alongside Youth Survivors of Trafficking

Lake Superior Ballroom O

Youth survivors of trafficking have various social service needs, which can be difficult to access and navigate without support and resources. In this session, attendees will learn best practices for offering strengths-based, trauma-informed support to survivors and how to link in and collaborate with the Minnesota Safe Harbor Network and other community based programming.

86 From Autopilot Back to Awareness

Split Rock 1

Rather than passively taking in and responding to sensory input, the new neuroscience suggests the brain is a prediction machine, keeping us on autopilot for efficiency. But the power to change and heal requires awareness in the present moment. This experiential session will share tools and strategies such as mindfulness and breath practices, body scans, general awareness meditations, and more, for cultivating awareness and reclaiming your power to heal.

87 Implementing the Family First Prevention Services Act to help Minnesota Children and Families Thrive—Understanding The Options For Meeting Children’s Needs In Residential Care (Part I)

Split Rock 2

Join us to learn what we can do together to help children and families when out of home placement is needed. New residential placement processes and settings will be discussed, including qualified

residential treatment programs, programs for youth who are pregnant or parenting, programs for youth who have been or are at risk for sex trafficking or commercial sexual exploitation, and supervised independent living settings. This session gives an overview of these settings and placement processes for placing agencies, residential facilities and community partners.

88 You Yave your “To Do List” But Do You Have Your “To Be List”? How Are You Supporting Yourself In The Moment?

St. Louis River

Every single thing that happens to us as humans, happens in the moment. When life becomes overwhelming, we tend to see all the bad things instead of looking at the whole picture and identifying where there is peace. The “To Be List” helps you sort it all out and be proactive in how you need to show up for yourself when accomplishing your to do list! Taking care of ourselves, means how are we caring for the stories we tell ourselves.

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Thursday, October 14	Session V Workshops	3:00–4:30 p.m.
89 Difficult Conversations - Permanency	Elisha Wolfman, Social Work, Permanency Quality Assurance; Debbie Mosloski, Social Work, Social Services Supervisor, both from the Department of Human Services	Chester Creek
90 Access and Ableism: Tearing down the Barriers	Linda Wolford, MS, Counseling Psychology, Rehab emphasis, Interagency Coordinator; Eric Crowe, ILSTEED Policy, Fiscal Policy Analyst, both from the State of MN	French River 1
91 How to Adapt Your Human Services Organization to the Person in Front of You	Tyra Jaramillo, BA in Criminology, Forensic Interviewer & Trainer, First Witness Child Advocacy Center	French River 2
92 Introduction to Gender Diversity Across the Generations	Forrest Mainville, MA, teacher/trainer, MN Child Welfare Training System; Matt "Cerulean" Cross Thiede, BA Social Justice, Magus, MN Child Welfare Training System; K. Abel Knochel, PhD, Social Work, Assistant Professor, University of Minnesota Duluth	Gooseberry Falls 1
93 Misunderstood and Underrepresented: The Journey of Raising Voices	Lisa Anderson, MBA, RN BSN, Executive Director, Peace of Mind of Duluth, Inc; Kali Proctor, BSW LSW, ARMHS Supervisor, Peace of Mind of Duluth, Inc; Andrea Wells, MSW LICSW, Clinician, Superior Counseling, LLC	Gooseberry Falls 2
94 RAD Recovery: Spreading Hope. Reshaping Recovery and Eliminating Stigma	Beth Elstad, BA Accounting/Management, CPRS, LADC, Executive Director; Julie Vena, BS/Social Work, PRS, Program Director, both from Recovery Alliance Duluth	Gooseberry Falls 3
95 Transportation Through Life's Transitions	Char Johnson, AA, Positive Approach to Care (PAC) Trainer, Dementia Friendly Duluth Coordinator, Dementia Friendly Duluth/Victory Fund; Ann Forrest-Clark, Occupational Therapy, Occupational Therapist, Dementia Friendly Duluth/Victory Fund; Mimi Stender, Gerontology, Executive Director, Duluth Aging Support; Andrea Crouse, MS, Integrated Biosciences, Community Development Manager, Zeitgeist	Harborside 202
96 Hand in Hand: Integrating Growth Mindset & Servant Leadership into Social Work Supervision V	Arlene Garcia, MSW, EdD, Director of MSW Program - University of the Virgin Islands, University of the Virgin Islands	Harborside 203
97 The Heart of Self Compassion V	Eleanor Hyatt, B.S. Trained in Mindful Self-Compassion with Kristin Neff and Christopher Germer from The Retreat	Harborside 204
98 Making Evaluation Simple, Meaningful, and Valuable	Jenny Swanson, MPA, COSSAP Project Coordinator, Recovery Alliance Duluth; Heidi Favet, BA, Care Team and Facilitator Lead, Pathways to Wellness Hub Director, Recovery Alliance Duluth; Pat Conway, PhD, MSW, Research Scientist, Essentia Institute of Rural Health	Harborside 205
99 Online Solicitation of Youth and When it Becomes Commercial Exploitation V	Kate LePage, Bachelor's Degree, currently seeking Master's in Forensic Psychology, East Central Safe Harbor Regional Navigator; Nick Riba, Bachelor's Degree, currently seeking Master's in Forensic Psychology, Special Agent- Predatory Crimes Section, both from Lutheran Social Service	Harborside 301-302
100 The Neurosequential Lens of Developmental Trauma: The Brain and Beyond V	Angie Baratto, Master's in Counseling Psychology, Chief Operations Officer/Clinical Supervisor/Clinician, Northland Counseling Center	Harborside 303
101 Harm Reduction: A Bridge to Reconnection VP	Rachel Phillips, MSW, LICSW, LADC, Therapist, Clinical Supervisor, and SUD Counselor; Phoenix Walker, BS, LADC, SUD Counselor, both from Human Development Center	Harborside 304
102 Love in Action: Uplifting Our Transgender Community V	Jordon Johnson, PhD, Executive Director, Life House, Inc.	Harborside 305
103 A Call to Serve: Overcoming Homelessness and Addiction	Emily Mack, Bachelor's of Social Work, Social Work Team Lead, Grace Place; Stacey Nordby, Bachelor's of Social Work, Housing Services Program Director, Grace Place; October Allen, Associates of Arts and Applied Science, Executive Director and Founder of Grace Place, Grace Place; Heather Wright, Master's of Social Work, Executive Director and Founder of NorthStar Community Services, NorthStar Community Services	Lake Superior Ballroom J
V = In-person presentation plus virtual broadcast VP = Virtual presentation		Continued ➞

Thursday, October 14	Session V Workshops, continued	3:00–4:30 p.m.
104 Trafficking of Indigenous Youth: Risk and Resilience	Anne LaFrinier-Ritchie, BA, Regional Navigator, Someplace Safe	Lake Superior Ballroom K
105 Re-Authoring Lives after Disruptive Changes	Ted Bowman, MDiv, Grief and Family Educator, Independent Educator	Lake Superior Ballroom L
106 106 Community-Engaged, Culturally Responsive Efforts to Address the Covid-19 Pandemic in the African Heritage Community: Moving From Data to Action	Olihe Okoro, PhD, MPH, MPharm, Assistant Professor, Department of Pharmacy Practice and Pharmaceutical Sciences—both from University of Minnesota Duluth College of Pharmacy; Janet Kennedy, PT, Executive Director; Christina Trok, Associate Director; Desire Singer, Community Consultant; Salaam Witherspoon, Community Consultant; Rhunette Moore Cook, Community Consultant—all five from Healthy Alliances Matter for All	Lake Superior Ballroom MN
107 Failure to Protect or Protective Factors? Understanding the Co-Occurrence of Domestic Violence and Child Maltreatment	Ally Kovach, Bachelor's of Social Work, Family Advocate and Trainer, First Witness Child Advocacy Center; Caitie Dahl, Bachelors's of Science, Psychology, Forensic Program Coordinator, Saint Louis County Multi-Disciplinary Team Facilitator	Lake Superior Ballroom O
108 Housing and Older Adults 101: Exploring the Continuum of Options	Brenda Shafer-Pellinen, BA - Aging Policy and Advocacy, Eldercare Development Partnership (EDP) Program Coordinator; Marjori Shafer-Pellinen, BA - Organizational Behavior, Program Manager; Kirsten Cruikshank, LGSW, Eldercare Development Partnership (EDP) Program Coordinator, all from the Arrowhead Area Agency on Aging	Split Rock 1
109 Implementing the Family First Prevention Services Act to Help Minnesota Children and Families Thrive- Understanding The Options For Meeting Children's Needs In Residential Care (Part II)	Jessica Brogger, DHS Child Safety and Permanency Division, Northstar Quality Assurance Program Representative; Paul Minehart, DHS Child Safety and Permanency Division, ETV Program Co-Coordinator; Tendai Waitock, DHS Child Safety and Permanency Division, Northstar Quality Assurance Program Representative, all from DHS	Split Rock 2
110 Hearing Loss Basics: Impacts, Culture, and Communication... VP Oh My!	Calla Kevan, MA-Rehabilitation Counseling for the Deaf, Deaf and Hard of Hearing Specialist; Diane Leonard, Deaf and Hard of Hearing Specialist; Cheryl Blue, Deaf and Hard of Hearing Specialist; Anne Janckila, Deaf and Hard of Hearing Specialist, all from Deaf and Hard of Hearing Services	St. Louis River Room
V = In-person presentation plus virtual broadcast VP = Virtual presentation		

89 **Difficult Conversations—Permanency**
Chester Creek

The presentation will discuss how to handle difficult conversations around permanency for children in foster care. This can include permanency decisions, relative engagement & visitation, full disclosure, and other challenging conversations related to permanency. Participants should attend if they are working with families in the child protection system and find themselves struggling to have conversations with individuals/families on the topics listed above.

90 **Access and Ableism: Tearing Down the Barriers**
French River 1

Often we think about people with disabilities as only those people that are in need of services. This session will focus on how we view people with disabilities, the intersectionality of disability with other identities like race and gender. We will use multimedia to bring in voices of people with disabilities with multiple identities. We will also discuss our own

stories of two professionals with disabilities working in an area serving people with disabilities. We will discuss equity as it relates to people with disabilities and other marginalized identities. We will provide information on how to avoid “othering” people with disabilities, systemic ableism and ways you can be an agent of change in a world that is not designed with people with disabilities in mind.

91 **How to Adapt Your Human Services Organization to the Person in Front of You**
French River 2

Every human services organization is different - they have different values, norms, and ways of achieving goals. The same could be said for the individuals that work for them. Each person has unique values, norms, goals, and processes to achieve those goals. Often, we see cultural diversity workshops focusing on the fact that it is necessary to accept people different than us. In this session, we move past that introductory step, and move into learning

about strategically developing ourselves and our organizations so that we are ready to work with any individual sitting in front of us.

92 **Introduction to Gender Diversity Across the Generations**
Gooseberry Falls 1

This workshop is a chance to build your understanding of gender diversity, including your own relationship to gender. The workshop will be guided by three trans and nonbinary facilitators, spanning three decades, who will strive to address the questions you raise about gender. You will be introduced to the Gender Unicorn, an interactive tool to help develop your understanding of key concepts related to gender. You will use the Johari Window to explore the intersections of gender within your own identities. In small groups, you will explore your relationship to gender, including how you perform your gender in different situations.

93 Misunderstood & Underrepresented: The Journey of Raising Voices

Gooseberry Falls 2

Individuals living in residential settings have been denied access to mental health services due to the complexity of their medical conditions and deemed non-rehabilitative. Caregivers are expected to manage complex physical and mental health needs. Our journey began with a mission to provide adequate mental health support and training to individuals as well as caregivers. The ability for the caregiver to support daily needs and appropriately de-escalate in crisis situations is related to the connection between trauma of the individual and secondary trauma of the caregiver.

94 RAD Recovery: Spreading hope. Reshaping Recovery and Eliminating Stigma.

Gooseberry Falls 3

Join us as we explore how Recovery Alliance Duluth's innovative and collaborative approach to peer-based recovery services has created the opportunity for recovery support through virtually any door in our community. We will share their experience to inspire hope and introduce ways to identify and eliminate the stigma that impacts individuals in active use or who are seeking or experiencing recovery. If you are interested in making a difference in our community, or just interested in conversation, we look forward to seeing you!

95 Transportation Through Life's Transitions

Harborside 202

Local professionals serving on the Dementia Friendly Duluth Transportation Committee will give an overview of Dementia and other chronic diseases and

conditions, and how these conditions can impact the ability to drive and access public transportation. The concept of Driving Retirement will be shared as well as alternatives to driving. The presentation will include information on how transportation is one of the eight domains of Livability according to AARP and the World Health Organization. Presenters will include representatives from Dementia Friendly Duluth, Safer Driver, St. Luke's, Arrowhead Area Agency on Aging, Duluth Aging Support, and Zeitgeist Community Development Organization. The "call to action" will include ways to get involved in Transportation Advocacy and Age Friendly Community efforts.

96 Hand in Hand: Integrating Growth Mindset & Servant Leadership into Social Work Supervision

Harborside 203

Effective servant leadership requires a growth versus fixed mindset. Leading, mentoring, and influencing others with the goal of service, demands a mindset that values effort, recognizes individual capacity, and encourages strategy. This workshop will provide an in-depth review of Servant Leadership, Growth Mindset, and its application in various settings.

97 The Heart of Self Compassion

Harborside 204

A presentation of research based information on the impact of self-compassion. How to restore the connection to our own heart. This material includes the yin of care and the yang of protection. The session will be interactive and include practices. We are told to "put our own face mask on first," but many of us lack awareness of simple practices we can use in the middle of life challenges; whether at work or at home.

98 Making Evaluation Simple, Meaningful, and Valuable

Harborside 205

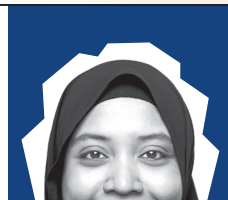
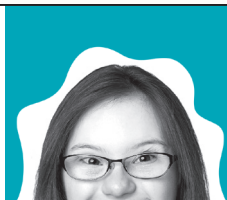
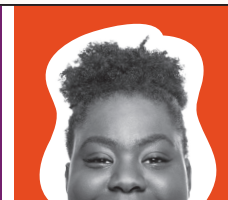
Learn to create simple, valuable evaluations to ensure your services are achieving desired outcomes and demonstrate your program's value to help obtain support and funding. This presentation is designed for front line staff and leaders who don't have access to a professional evaluator. 1. Presenters will provide examples of clinical, non-profit, and community projects and how they can be translated into an evaluation plan. 2. See examples of how to collect, organize, and summarize your data. 3. Bring your program examples to share with the group. Facilitators will demonstrate how to brainstorm and start an evaluation plan using attendee examples.

99 Online Solicitation of Youth and When it Becomes Commercial Exploitation

Harborside 301-302

Special Agent Riba and Regional Navigator Kate LePage will discuss criminal aspects present in online cases of exploitation and how they differ from in-person transactions. This session will provide attendees avenues for monitoring online activity, a better understanding of minors' rights to privacy, criminal aspects of the issue, and when to collaborate. The criminal aspects of "sexting" including when it has components that reach a criminal level, when it should be reported, as well as some common trends we find for different situations within prosecution will also be covered. Finally, this presentation will discuss steadfast apps as well as up-and-coming platforms that have gained traction since FOSTA (Fight Online Sex Trafficking Act) was passed in 2018.

Continued ➞



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100 The Neurosequential Lens of Developmental Trauma: The Brain and Beyond
Harborside 303

This workshop will provide a new lens for understanding the behavior of children (and in some cases, adults) who have significant histories of adverse childhood events. The Neurosequential Model of Therapy (NMT) was developed by Dr. Bruce Perry and aims to understand how ACEs negatively impact the biology of the developing brain. NMT offers a new approach to both assessment and treatments for individuals/families with backgrounds of developmental trauma (in-utero through adulthood). Attendees will understand what Neurosequential Assessments are, and the value they can add when working with children, families, and communities in which they live. Attendees will leave with strategic ideas to assist in guiding clients to the most appropriate referrals and resources.

101 Harm Reduction: A Bridge to Reconnection
Harborside 304

Join us as we discuss the ethics surrounding current substance use treatment, harm reduction modalities being used, and how this is contributing to patient wellbeing. You will hear from individuals receiving services, peer recovery special-

ists, and counselors from the Addiction Services Department. We will review four years worth of practice, real life experiences, and ideas for growth within this model. This will be an interactive and discussion based presentation.

102 Love in Action: Uplifting Our Transgender Community
Harborside 305

Ready to dive deep into the need-to-know of providing care to Transgender, Two Spirit, and Gender Non-conforming (TGNC2S+) community members? Are you nervous to ask questions? This workshop invites participants to openly engage in a brave space that challenges notions about 'Trans' identities specifically in relation to clinical and healthcare settings. Participants will leave with essential insights about effective practices, culturally specific considerations, and ways to create authentic spaces for TGNC2S+ community members. Let's go beyond Trans 101. Vulnerability is welcome here!

103 A Call to Serve: Overcoming Homelessness and Addiction
Lake Superior Ballroom J

Learn about revival as October Allen, an indigenous woman, shares her testimony of how addiction, homelessness, and jail ultimately led to success and partnership. Join long-term homeless housing providers, Grace Place and NorthStar Community Services, as they share best practices in housing collaboration and how a desire to serve the homeless community has

bloomed into a powerful organization that is changing lives and improving the quality of life for people with barriers.

104 Trafficking of Indigenous Youth: Risk and Resilience
Lake Superior Ballroom K

This workshop will address the past contributions, current state, and future actions addressing trafficking and exploitation of Indigenous youth. The presentation will include historical context and current systems of oppression impacting trafficking and exploitation against Indigenous youth. The presenter will present the work and findings as part of NHTTAC's Human Trafficking Leadership Academy to address culture as a protective factor in preventing trafficking among all Indigenous youth. This workshop will give examples of the presenter's current work, while providing attendees with actionable steps to move forward in addressing trafficking and exploitation of Indigenous youth in Minnesota.

105 Re-Authoring Lives After Disruptive Changes
Lake Superior Ballroom L

A life task is to story and re-story. One's previous assumed world is often altered by disruptive changes. Whether naive or grounded, a person's narrative informs their daily choices. And whether the altering story is mundane or core to one's identity, a threshold can be crossed. In this experiential session, participants will explore perspectives and creative tools to evoke and assist when narratives change. Included in the session will be the grief of shattered stories; bibliotherapeutic tools for revising stories; and bridges between earlier, current and future narratives.

106 Community-Engaged, Culturally Responsive Efforts To Address the COVID-19 Pandemic in the African Heritage Community: Moving From Data To Action
Lake Superior Ballroom MN

The African Heritage Community is more affected by health disparities, including the COVID-19 pandemic. Understanding the factors implicated and the specific contexts is critical in addressing needs, mitigating impact, and on the long-term, eliminating these gaps. A COVID-19 needs assessment yielded robust data (qualitative and quantitative). Recommendations from interviews and focus group participants informed community-based programming: (i.) COVID-19 education and health promotion through the "Mask Up, Back-Up, Vax



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Up campaign”, Health Equity Northland website, and “Office Hours with Black health professionals”; and (ii.) culturally-responsive vaccination outreach. Insights and lessons learned will be helpful in implementing effective community-engaged health interventions post-COVID.

107 Failure to Protect or Protective Factors? Understanding the Co-Occurrence of Domestic Violence and Child Maltreatment

Lake Superior Ballroom 0

There is high rate of co-occurrence between child abuse and domestic violence. In this session, participants will learn the barriers that victims of domestic violence face in leaving an abusive situation, and how system intervention may inadvertently create additional barriers to victims supporting their children. Additionally, the presenters will discuss barriers that children face to disclosing their own victimization when domestic violence is present in the home. We will examine protective factors that supportive parents have put in place to keep their children and themselves safe as well as how systems and advocates can better support families in these positions.

108 Housing and Older Adults 101: Exploring the Continuum of Options

Split Rock 1

Join staff from the Arrowhead Area Agency on Aging for an informative session focused on the range of housing options for older adults in the Arrowhead Region. From successfully living independently in the community to skilled nursing facilities and everything in between. Learn about the variety of choices available and some of the means to help finance those options. How can you best plan for your future and for those you support? Planning

Ahead and For the Future handouts/materials will be available for attendees.

109 Implementing the Family First Prevention Services Act to help Minnesota Children and Families Thrive—Understanding The Options For Meeting Children’s Needs In Residential Care (Part II)

Split Rock 2

What can be done to keep children with their families and communities, or when removal is necessary, how can they still thrive while in placement? These are core questions the Family First Prevention Services Act tries to respond to. Join us in this second session to learn about new processes and changing priorities that keep families involved, including how the family permanency teams and qualified individuals will impact children, families and communities across Minnesota. Child welfare staff and management, county or tribal attorneys, court personnel, providers and community members are encouraged to come ready to ask questions about how these new priorities could be implemented in their communities.

110 Hearing Loss Basics: Impacts, Culture, and Communication... Oh My!

St. Louis River Room

Twenty percent or one out of five Minnesotans experience hearing loss. That percentage increases to 33% for people aged 65-74, and 50% for people aged 75 and older. In this workshop, we will examine the differences between major hearing loss sub-groups including the impacts and prevalent issues for individuals; identify communication strategies to communicate effectively with people who have hearing loss; introduce Deaf culture and explain why hearing loss is not considered a disability to culturally Deaf individuals; discuss assistive technology for people with hearing loss; and learn about services and resources for people who have hearing loss.

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FRIDAY WORKSHOPS

Friday, October 15	Session VI Workshops	8:30 a.m. – 10:00 a.m.
111 Inspire. Move. Transform.	Rhonda VanSchoonhoven, Bachelor's and Master's Degree in Criminal Justice, E-RYT 500, Certified Breath Coach, Probation Officer; Andrea Emery, Bachelor's in Social Work and Master's in Transpersonal Psychology, Certified Life Coach, Probation Officer, all from Goodhue County Court Services	Chester Creek
112 Assisted Living: Moving Forward with Regulatory Reforms	Rajeane Moore, PhD, LNHA, Faculty Director—LTC, University of Minnesota	French River 1
113 12-Step Meetings: Fellowship for Recovery	Shelley CR, Chair, Northern Serenity Intergroup, Overeaters Anonymous; Anonymous Panel	French River 2
114 Developing and Implementing Protocol to Identify and Respond to Commercially Exploited Youth	Kate LePage, Bachelor's Degree, currently seeking Master's in Forensic Psychology, East Central Safe Harbor Regional Navigator, Lutheran Social Service; Anne LaFrinier-Ritchie, Bachelor's Degree, West Central Safe Harbor Regional Navigator, Lutheran Social Service; Sarah Florman, BA in Sociology and Psychology, MA in Public Affairs, Sexual Assault Response Team Project Coordinator/Trafficking Policy Coordinator, Minnesota Coalition Against Sexual Assault	Gooseberry Falls 1
115 System Transformation: A Look at the Child Welfare System in St. Louis County From a Foster America Fellow's Perspective VP	Asad Bandale, Master's in Applied Biotechnology, Principle Consultant, A Spark Consulting	Gooseberry Falls 2
116 Understanding & Addressing Post Pandemic Trauma Impact	Kenneth Roberts, MPS, LPCC, LADC, Chief Clinical Officer; Lindsay Gephart, MA, LPCC, LADC, Vice President of Outpatient Services, both from NUWAY	Gooseberry Falls 3
117 Shifting Our Perspective Shifts Our Support	Krisie Barron, BSW LSW, Caregiver Specialist/ LSW, Embrace	Harborside 202
118 A First Person Account Of Childhood Trauma, Abdication, Homelessness And Ultimately Recovery	Ryan Rasmussen, Public Speaker/Certified Peer Specialist, The Other Side of Recovery	Harborside 203
119 Keeping My Emotional Cup Full: Building Resilience Among Helping Professionals	Brenda Mack, Doctorate of Social Work, Assistant Professor & Director of Field Education, Bemidji State University	Harborside 204
120 Vicarious Resilience: Stages of Development, Emotional Intelligence and Leadership	Leslie Chaplin, PhD, President/CEO, The Hills Youth and Family Services	Harborside 205
121 Supporting Individual and Team Resiliency: A Peer Support Approach V	Andrew Macgregor, MA, LPC, Chaplain; Jessica Joanis, MSW, LICSW, Social Worker/Psychotherapist; Karlin Marks, Ph.D., Psychologist; Laurie McKuen, RN, CEN, Nursing Supervisor; Curi Lawson, MSW, LCSW, Social Worker/Psychotherapist; all from Memorial Medical Center	Harborside 301-302
122 Housing Stabilization Services—One Year Later VP	Bekah Kaufenberg-Satre, Master's of Public Policy, Housing Support Services Consultant; Jensina Rosen, MSW, LGSW, Housing Policy Consultant, both from the Department of Human Services	Harborside 303
123 Wholehearted Grief V	Deb Semmelroth, DNP, MSW, Dr. — psychotherapist; Kim Robinson, BA in psychology and English, CSS, My Inner Chick/ Blogger and Connect job, both from Selah: Center for Grief and Loss and Insight Counseling	Harborside 304
124 Acting On A Commitment To Be More Inclusive V	Kevin Skwira-Brown, MSW, LGSW, Co-founder and Trainer, Cultural Fluency Associates LLP	Harborside 305
125 Be Aware, Be Prepared and Make A Difference: A Reflective Journey To Effective and Compassionate Helping	Alan O'Malley-Laursen, M.S.W., Employee Well-Being Professional, Olmsted County Human Resources	Lake Superior Ballroom J

Friday, October 15

Session VI Workshops

8:30 a.m. – 10:00 a.m.

126	Assessing Adolescent Substance Use	Karen Edens, BA, MPH, President Emeritus of MARRCH, President, Director of Training, Edens Group Training Center	Lake Superior Ballroom K
127	The “Humor” Intervention	Glenn Maloney, MSW, Mental Health Therapist, Adjunct Instructor, The College of Saint Scholastica, Genesis Recovery Services	Lake Superior Ballroom L
128	Buckle Up! Countertransference—The Supervisor/Supervisee Relationship	Nicole Hawkins, MSW, LICSW, Treatment Director, Birch Tree Crisis Center Thrive	Lake Superior Ballroom MN
129 V	Ethical Social Work Practice with Gender Diverse Clients	K. Abel Knochel, PhD, Social Work, Assistant Professor, University of Minnesota Duluth; Forrest Mainville, MA, teacher/trainer, University of Minnesota Duluth; Matt “Cerulean” Cross Thiede, BA Social Justice, Magus, Able Media	Lake Superior Ballroom O
130 V	Age-Related Hearing Loss: Hidden Impacts Of An Invisible Disability	Anne Jankila, BA-ASL/English Interpreting, Deaf and Hard of Hearing Specialist; Calla Kevan, Deaf and Hard of Hearing Services Diane Leonard, Deaf and Hard of Hearing Specialist; Cheryl Blue, Deaf and Hard of Hearing Specialist, all from the Deaf and Hard of Hearing Services	Split Rock 1
131 V	Life Sharing	Scott Schifsky, Person Centered/Positive Supports Coordinator; Jan Buck, BS Sociology, Fiscal Policy Lead for the Disability Services Division, both from the Minnesota Department of Human Services	Split Rock 2
132	That Is Not A Problem-It Is An Opportunity To Improve!	Barbara Bengtson, PhD, Consulting Psychologist,; Haley Bengtson, BS Biology, Progress Partner/Coach, both from Perception Coaching LLC	St. Louis River Room

V = In-person presentation plus virtual broadcast VP = Virtual presentation

111 Inspire. Move. Transform.
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112 Assisted Living: Moving Forward with Regulatory Reforms
French River 1

2021 marks a pivotal year where Minnesota’s new assisted living license

and Licensed Assisted Living Director credential go into effect. This session will provide an overview of the new license and regulatory framework including implications for referrals and transitions of care. The session will highlight new consumer protections as well as facility and service requirements.

113 12-Step Meetings: Fellowship for Recovery
French River 2

People in 12-step programs of all kinds have learned to focus on their own recovery through attending meetings of their fellowship. The love and support members show each other (and themselves) in meetings and beyond is a cornerstone of recovery for participants and is often recommended by health

care professionals. In this workshop, a panel of people recovering from various addictions as well as those in programs for friends and family members will share their stories, focusing on the meeting experience, both in person and online.

114 Developing and Implementing Protocol to Identify and Respond to Commercially Exploited Youth
Gooseberry Falls 1

This presentation will walk participants through the process of developing and implementing multidisciplinary protocol for responding to commercial exploitation. The presenters will discuss how to create a protocol team, looking at suggested agency and staff representation.

Continued ➞



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Additionally, the presenters will discuss the ongoing process involved in protocol development, how to incorporate culturally appropriate representation and responses within developed policy, and will highlight what has worked throughout the state thus far.

115 System Transformation: A Look at the Child Welfare System in St. Louis County From a Foster America Fellow's Perspective

Gooseberry Falls 2

Ever wonder why system change takes forever, let alone an antiquated, unjust system like Child Welfare. Are you curious about "what needs to happen at every level of the agency to influence change?" This presentation will bring a Foster America fellow's perspective on the ongoing system transformation efforts within St. Louis County.

116 Understanding & Addressing Post Pandemic Trauma Impact

Gooseberry Falls 3

The link between trauma and addiction is well documented. Research further supports this dynamic on a broad scale for population segments who have experienced catastrophic events. No past event of this type is comparable in scope, longevity, and potential impact to the Covid-19 Pandemic. In the days ahead, Behavioral Health professionals will be faced with unique challenges in treating a traumatic event experienced on a global scale. This presentation will provide conceptualization of Pandemic Trauma and Stress Experience (PTSE), differentiation from Posttraumatic Stress Disorder (PTSD), and evidence-based strategies for individual providers, clinical teams, and overall agency settings in treating PTSE.

117 Shifting Our Perspective Shifts Our Support

Harborside 202

When I work with what is left instead of what is lost our human experience changes. Identify what fixed suffering is so we can set our care and expectations based on their ability in the moment? Learn what the PAC (Positive Approach to Care) 5 pieces of the puzzle are and how they help us to be in the moment. Experience how PAC GEMS help us to understand how people experience each step of the journey and how we can best support them.

118 A First Person Account Of Childhood Trauma, Abdication, Homelessness And Ultimately Recovery

Harborside 203

Ryan Rasmussen is a Certified Peer Specialist and Public speaker who demonstrates resilience and hope through speaking about his lived experiences of trauma, addiction, homelessness, and ultimately recovery. Ryan utilizes his unique perspective as both a prior client accessing social services, and as a current mental health service provider walking alongside clients who navigate those same services. Ryan is passionate about taking audiences with him on his journey of recovery in the hopes that his experiences can be a clear reminder that no matter how far down a person has fallen, there is always a path to a better life.

119 Keeping My Emotional Cup Full: Building Resilience Among Helping Professionals

Harborside 204

This session will focus on best-practice strategies in building resilience among helping professionals. The topics of work-related stress, burnout, secondary trauma, moral injury, and compassion

fatigue will be explored. Dr. Mack will share culturally-responsive practical ideas and suggestions, based on her research and scholarship, to increase personal and professional wellness and well-being. Participants will explore the importance of trauma stewardship and self and collaborative care, which includes peer, supervisory, organizational, and informal supports. The session is meant to be interactive, where participants engage in self-reflection activities and dyad or small group discussions.

120 Vicarious Resilience: Stages of Development, Emotional Intelligence and Leadership

Harborside 205

The word resilience is all around us these days and we in the helping profession know that this individual trait is a powerful force to overcome whatever life may throw at our clients. But what about the people working to bring out the resilience in others? Professionals who work with trauma survivors are at high risk of developing vicarious trauma leading to high rates of turnover and cost to our organizations. In my Organizational Leadership PhD program at The Chicago School of Professional Psychology I decided to look further into this issue and found a critical concept that we need to be teaching all our staff so they can experience the phenomenon of Vicarious Resilience!

121 Supporting Individual and Team Resiliency: A Peer Support Approach

Harborside 301-302

Serving in a healthcare setting has rewards and challenges. How we cope with the challenges that our work presents can leave us feeling fatigued, burned out, and at the most extreme,



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suffer from symptoms that impact our professional and personal functioning. In this workshop, members of our multi-disciplinary Peer Support team will present an evidence-informed modular approach for assisting people in the immediate aftermath of a significant event. You will learn about an approach supporting individuals and teams to address those challenges and focus on skills that promote resiliency by reducing initial distress and fostering short/long-term adaptive functioning.

**122 Housing Stabilization Services—
One Year Later**

Harborside 303

In July 2020, Minnesota launched Housing Stabilization Services. These first-in-the-nation services were received with interest well beyond what was predicted creating excitement as well as unforeseen challenges. This session will give a high level overview of the new services, an update on how the services are going, and lessons learned from launching Housing Stabilization Services (in the midst of a global pandemic). The session will allow plenty of time for questions.

123 Wholehearted Grief

Harborside 304

In traumatic grief/bereavement, when one has experienced a significant death of a loved one, compassion and love are so desperately needed. What is traumatic grief and how does it affect our nervous system? This presentation offers survivor stories of their grief journey following the traumatic loss of a loved one due to murder, suicide as well as child loss. In their stories, pausing and reflecting is required as they teach each of us the impact of connections and love received from a community.

**124 Acting On A Commitment To Be
More Inclusive**

Harborside 305

2020 brought into focus for many from dominant culture the stark disparities faced by BIPOC and other marginalized community members. Individuals and organizations committed in word to be and do better. Great, but how? This session will compare two primary approaches used to develop cultural fluency/competence; the Power/Privilege/Oppression approach and Intercultural Development approach (IDI). We will explore what each has to offer, how we can assess our current approach to engaging across cultural difference, and where to begin. Finally, together we will answer the question: What can we do to improve how we show up as individuals and organizations?

**125 Be Aware, Be Prepared and Make
A Difference: A Reflective Journey
To Effective and Compassionate
Helping**

Lake Superior Ballroom J

Ongoing exposure to individuals experiencing trauma, pain and suffering can adversely influence our personal and professional well-being, as well as negatively impact our effectiveness as helping and compassionate professionals. This unique workshop integrates short presentation, topic-specific live music and space for personal reflection to briefly examine the emotional impact this work can have on us and then explore 5 specific skills that are necessary for effective and compassionate helping. These skills include self-awareness, self-regulation, emotional reflection, radical compassion and compassion satisfaction. It is the intention of this workshop to provide affirmation, reflection and inspiration.

126 Assessing Adolescent Substance Use

Lake Superior Ballroom K

Adolescent substance use can be impacted by a variety of factors such as brain development, genetic, social, cultural predisposition and trauma. It can be a challenge to conduct a thorough, accurate assessment and make subsequent referrals when using assessment protocols created for adults. Assessors must consider not only the unique circumstances an adolescent brings to an assessment, but also the appropriate formatting of the assessment questions themselves. This session will address the need for sensitivity to the dynamics of the adolescent client and adaptations that may arise when using current comprehensive assessment protocols. As a result of this session participants will be able to: Describe the rationale for comprehensive assessments, recognize the correlation between adolescent brain development, genetic, social, cultural predisposition and trauma on high-risk substance use, describe the components of an adult assessment/referral protocol needing to be adapted for the adolescent client.

127 The “Humor” Intervention

Lake Superior Ballroom L

Colloquially, we know “laughter is the best medicine,” and we can review the research showing that humor can be an effective intervention. However, many of us in the field, and many of our supervisors, might question when and how to use humor effectively. This workshop cross references the classic “elements of humor” with some basic research review about the humor intervention, exploring humor’s use in the helping professions.

Continued ➞



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**128 Buckle Up! Countertransference—
The Supervisor/Supervisee
Relationship***Lake Superior Ballroom MN*

This presentation will address countertransference within the supervisor/supervisee relationship. Specifically, this presentation will focus on the supervisor/supervisee relationships with challenging or at-risk populations. Be prepared to review personal feelings, talk about burn out and secondary trauma!

**129 Ethical Social Work Practice with
Gender Diverse Clients***Lake Superior Ballroom O*

This workshop presupposes a basic understanding of diverse gender identities. Three trans and nonbinary facilitators, spanning three decades, will help you 1) understand ethical obligations around working with trans and nonbinary people and 2) learn how to practice ethically with trans and nonbinary populations in individual, family, group, and community work. This interactive workshop will include vignettes, skill building and opportunities to ask questions.

**130 Age-Related Hearing Loss: Hidden
Impacts Of An Invisible Disability**
Split Rock 1

Older adults experience hearing loss at higher rates: 30% of those aged 65+ and 50% of those aged 75+. The impacts of hearing loss include reducing their ability to interact with the people around them and to navigate the systems that serve them. This workshop will identify hearing loss impacts and highlight strategies and opportunities to enhance the older adult's ability to engage with their environment and reduce isolation when they have hearing loss. Finally, we will share assistive technology and other resources available for people with age-related hearing loss.

131 Life Sharing*Split Rock 2*

The Minnesota Department of Human Services (MN-DHS) has designed new Life Sharing supports for interested people with disabilities and non-related families in Minnesota. Life Sharing is a relationship-based service that carefully matches a non-related family member to

a person who receives waiver services and who choose to live with one another. This session will describe Minnesota's vision for Life Sharing and how interested people can use existing waiver services to support people who choose this option.

**132 That Is Not A Problem—It Is An
Opportunity To Improve!***St. Louis River Room*

Appreciative Inquiry Teams provide a means to approach problems and avoid getting bogged down in negativity. Apply David Cooperrider's theory and the toolkit for Conversations Worth Having (Stavros & Torres) in stakeholder meetings to positively reframe an issue or problem to be socially sensitive, future-oriented, and well-defined. Then generative questions focused on the desired outcome are brainstormed to facilitate action. An overview of the process will be followed with interactive practice using a number of participant suggested problems.

Conference Planning Team and Volunteers

The Conference Planning Committee is comprised of annual volunteers who participate in the Keynote, Music, Artist, Swag and workshop selection process. They also manage registration, host workshops, assist attendees and coordinate the exhibitor hall.

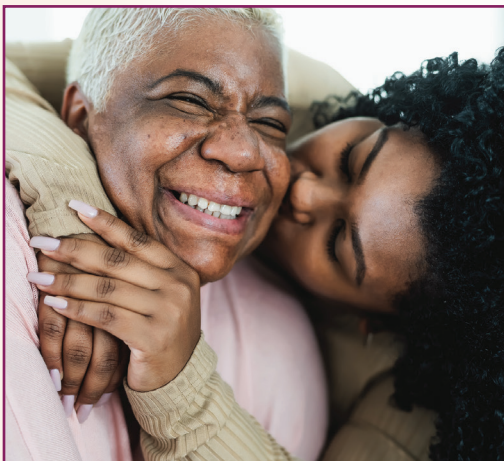
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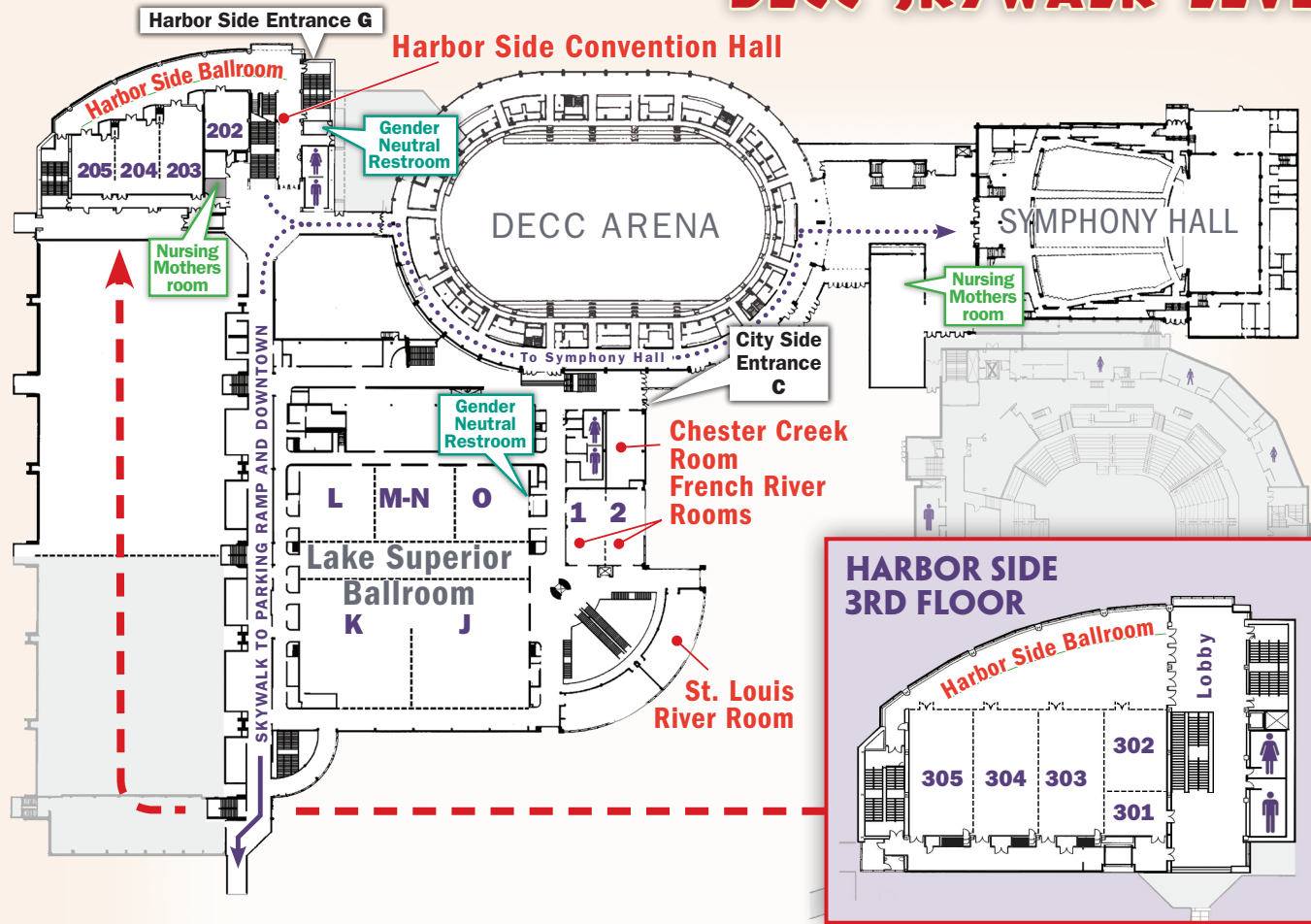
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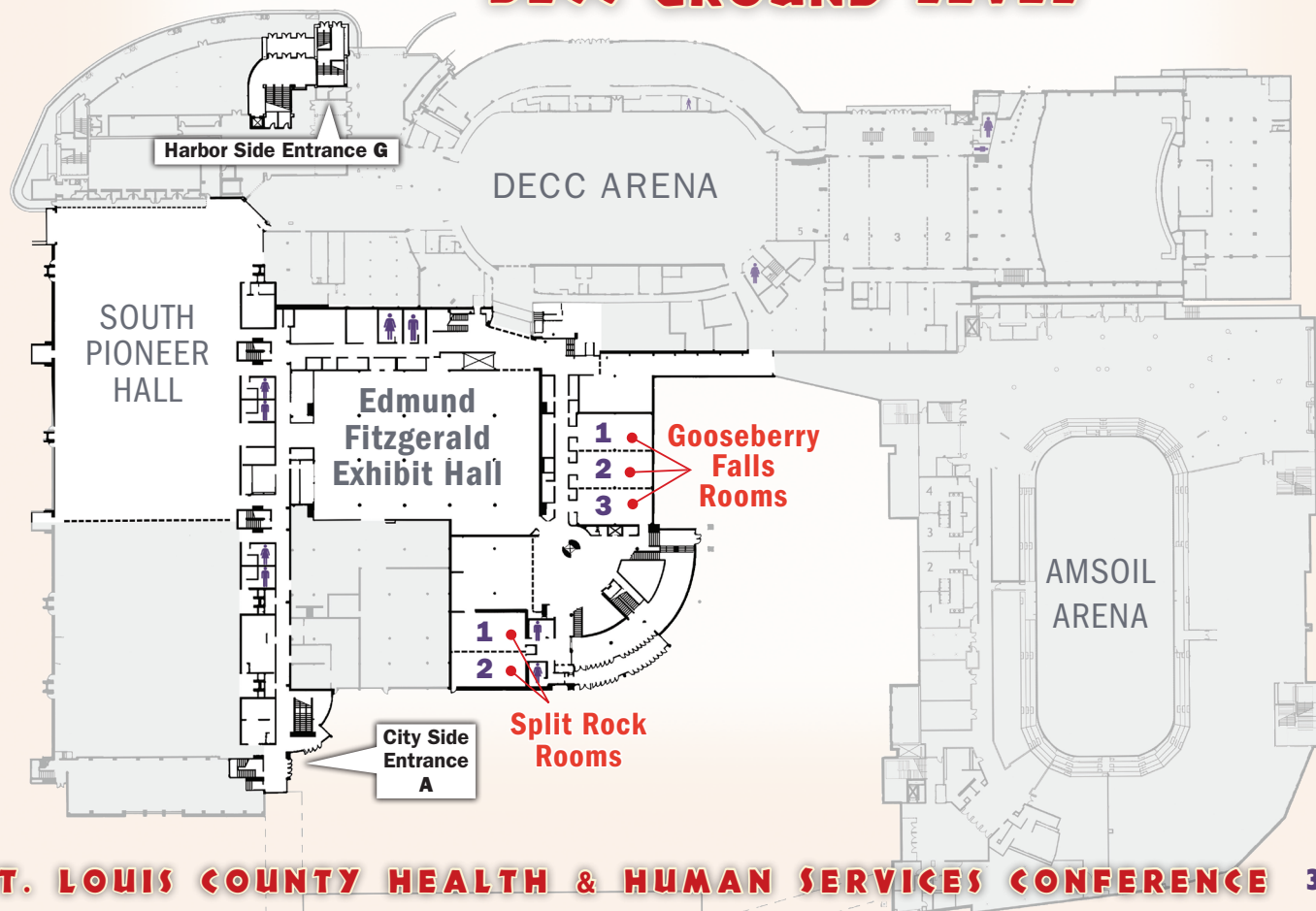
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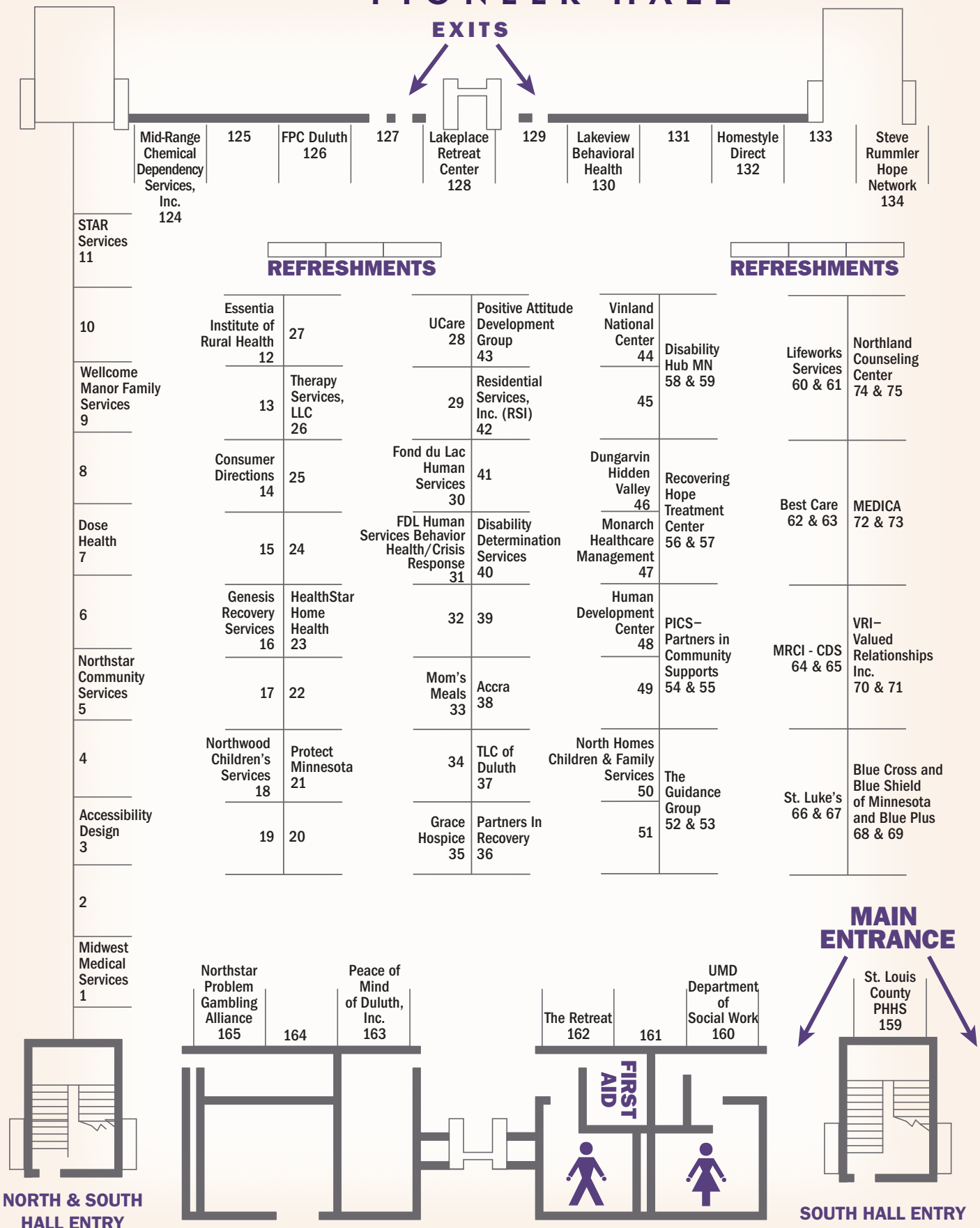


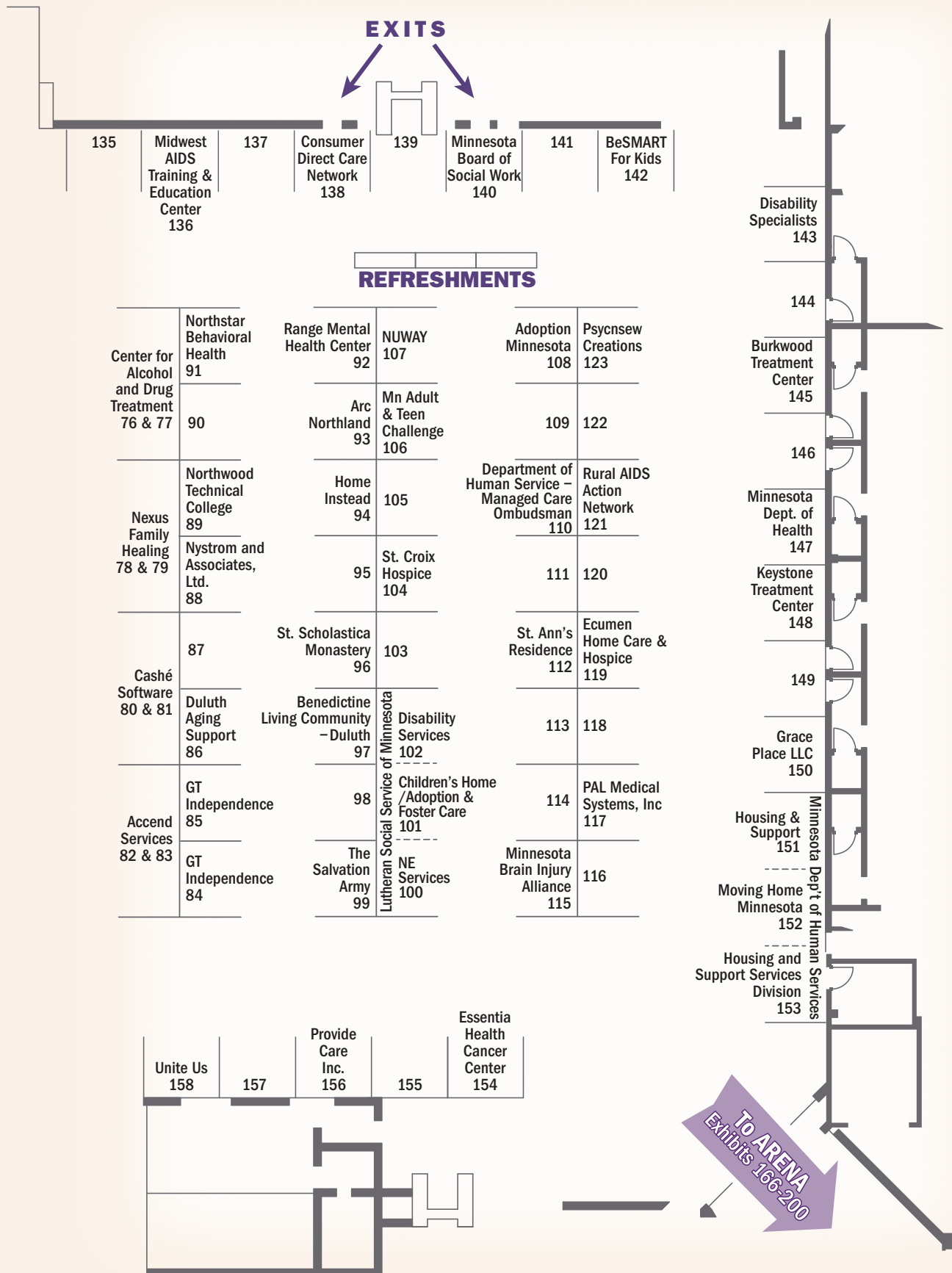
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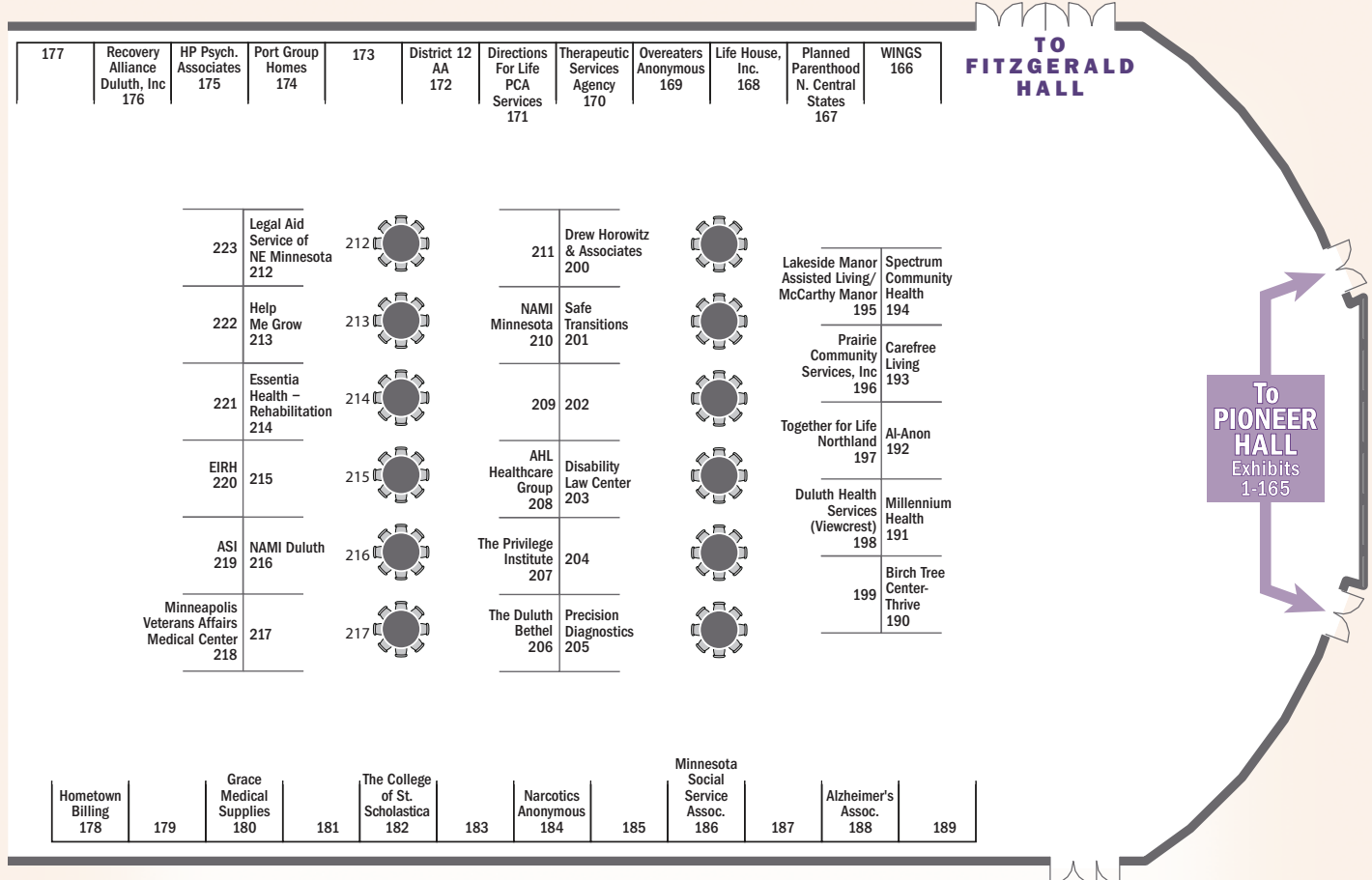
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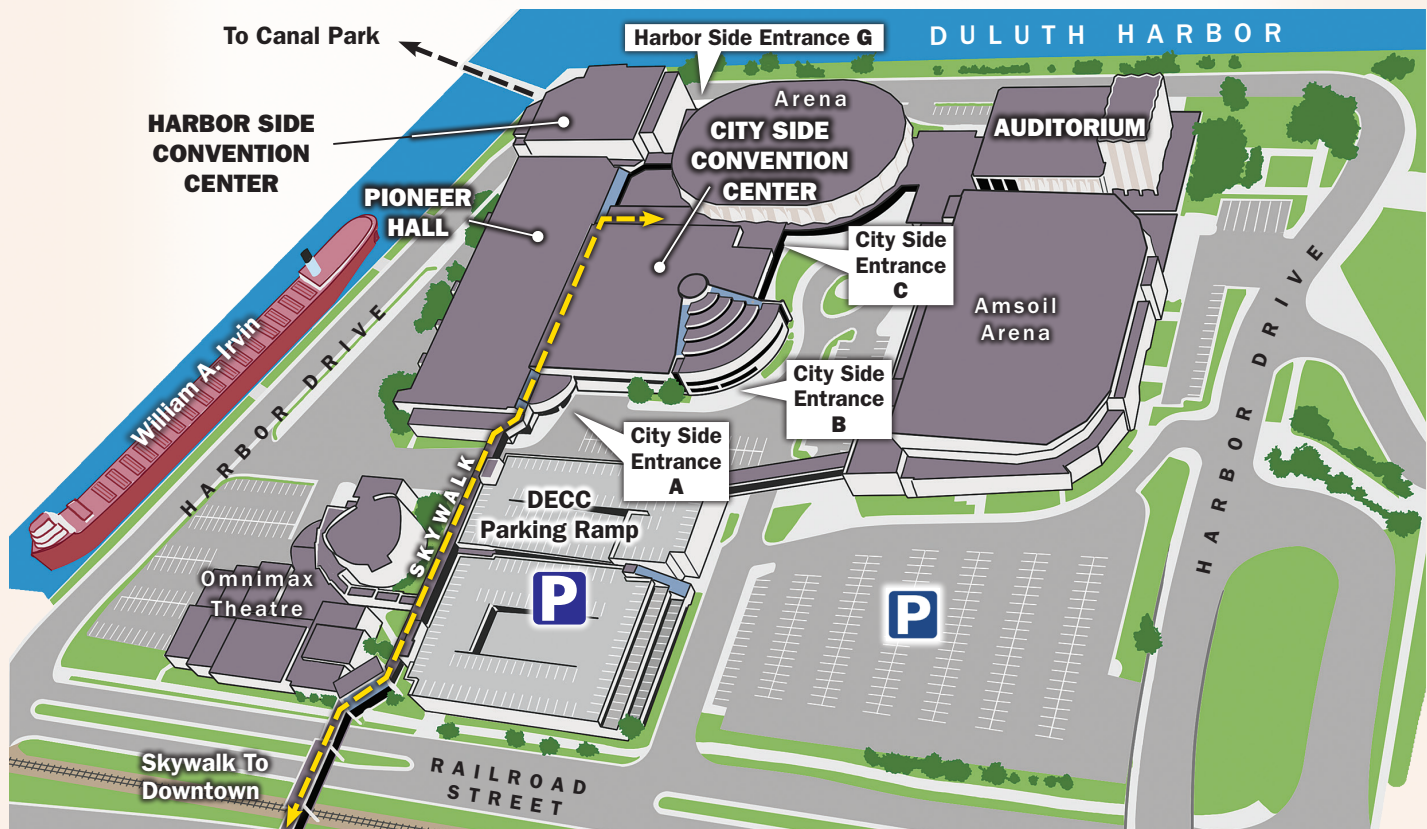




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- Life House, Inc.
- Lutheran Social Service of Minnesota Children's Home/LSS Adoption & Foster Care
- Lutheran Social Service of Minnesota Disability Services
- Mid-Range Chemical Dependency Services, Inc.
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- Minnesota Brain Injury Alliance
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- Minnesota Dept. of Health
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- MN DHS – Moving Home Minnesota
- MN DHS, Housing and Support Services Division
- Mpls Veterans Affairs Medical Center
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- Northstar Community Services
- Northstar Problem Gambling Alliance
- Northwood Children's Services
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- PAL Medical Systems, Inc
- Planned Parenthood North Central States
- Port Group Homes
- Prairie Community Services, Inc
- Precision Diagnostics
- Protect Minnesota
- Psycnsew Creations
- Recovery Alliance Duluth, Inc
- Rural AIDS Action Network
- Safe Transitions
- Spectrum Community Health
- St. Ann's Residence
- St. Louis County PHHS
- STAR Services
- The College of St. Scholastica
- The Duluth Bethel
- The Privilege Institute
- Therap Services, LLC
- Therapeutic Services Agency
- Together for Life Northland
- Wellcome Manor Family Services
- WINGS

2021 EXHIBITORS

Accend Services

CHAMPION SPONSORSHIP

101 W 2nd St • Duluth, MN 55802 • Booth #82 & 83

Website: accendservices.com

Contact: Mike Clevette

Phone: (218) 724-3122

Email: meredith.lang@accendservices.com

Accessibility Design

ALLY SPONSORSHIP

1001 Kingwood St • Brainerd, MN 56401 • Booth # 3

Website: accessibilitydesign.com

Contact: Jane Hampton

Phone: (952) 925-0301

Email: info@accessibilitydesign.com

Accra

ADVOCATE SPONSORSHIP

12600 Whitewater Drive

Minnetonka, MN 55343 • Booth # 38

Website: accrahomecare.org

Contact: Susan Morgan

Phone: (866) 450-6024

Email: susanmorgan@accracare.org

Adoption Minnesota

ALLY SPONSORSHIP

8441 Wayzata Blvd, Ste #220

Minneapolis, MN 55426 • Booth # 108

Website: adoptionmn.com

Contact: Lynn Ricchio

Phone: (952) 933-7994

Email: lricchio@adoptionmn.com

AHL Healthcare Group

ALLY SPONSORSHIP

104 1/2 W Superior St • Duluth, MN 55802 • Booth # 208

Website: ahlhealthcaregroup.com

Contact: Dawn Martinson

Phone: (218) 728-1189

Email: dmartinson@ahlhealthcaregroup.com

Al-Anon

ALLY SPONSORSHIP

P O Box 16332 • Duluth, MN 55816 • Booth # 192

Website: minnesotanorth-al-anon.org

Contact: Ann McKie

Phone: (218) 391-9737

Email: annmckie331@gmail.com

Alzheimer's Association

ALLY SPONSORSHIP

4960 Miller Trunk Hwy, Ste 700

Hermantown, MN 55811 • Booth # 188

Website: alz.org

Contact: Jenna Pogorels

Phone: (218) 722-4335

Email: jpogorels@alz.org

Arc Northland

ADVOCATE SPONSORSHIP

424 W Superior St #500 • Duluth, MN 55802 • Booth # 93

Website: arcnorthland.org

Contact: Jenny Kempfert

Phone: (218) 726-4725

Email: jkempfert@arcnorthland.org

ASI

ALLY SPONSORSHIP

2550 University Ave W Ste 330N

Saint Paul, MN 55114 • Booth # 219

Website: accessiblespace.org

Contact: Devin Vanderschaaf

Phone: (612) 360-0366

Email: dvanderschaaf@accessiblespace.org

Benedictine Living Community-Duluth

ADVOCATE SPONSORSHIP

935 Kenwood Avenue • Duluth, MN 55811 • Booth # 97

Website: blduluth.org

Contact: Merry Wallin

Phone: (218) 522-8900

Email: merry.wallin@benedictineliving.org

BeSMART For Kids

ALLY SPONSORSHIP

412 Hastings Dr • Duluth, MN 55803 • Booth # 142

besmartforkids.org

Contact: Sarah Mikesell

Phone: (319) 331-7385

Email: sarah.mac.mikesell@gmail.com

Best Care

CHAMPION SPONSORSHIP

2562 7th Ave E, Ste 201

North Saint Paul, MN 55109 • Booth # 62 & 63

Contact: Leann Lindahl

Phone: (763) 710-2003

Email: leann@bestcaremn.com

Birch Tree Center- Thrive

ALLY SPONSORSHIP

4720 Burning Tree Rd • Duluth, MN 55811 • Booth # 190

Website: birchtreeduluth.com

Contact: Nicole Hawkins

Phone: (218) 623-1800

Email: nicole.hawkins@thrivebn.com

Blue Cross and Blue Shield of Minnesota and Blue Plus

CHAMPION SPONSORSHIP

3400 Yankee Drive R100

Eagan, MN 55121 • Booth # 68 & 69

Website: bluecrossmn.com

Contact: Jennifer Jiang

Phone: (651) 662-9186

Email: jennifer.jiang@bluecrossmn.com

Burkwood Treatment Center

ALLY SPONSORSHIP

615 Old Mill Road • Hudson, WI 5401 • Booth # 145
Website: burkwoodtreatmentcenter.com
Contact: Jamie Hawley
Phone: (715) 386-6125
Email: jamie.hawley@burkwoodtreatmentcenter.com

Carefree Living

ALLY SPONSORSHIP

6205 Crossman Ln
 Inver Grove Heights, MN 55076 • Booth # 193
Website: carefreeliving.com
Contact: Katie Vreeland
Phone: (218) 866-0746
Email: katiev@spectrumchealth.com

Cashé Software

CHAMPION SPONSORSHIP

3503 High Point Drive N, Building 3, FRONT Technology Campus
 Oakdale, MN 55128 • Booth # 80 & 81
Website: cashesoftware.com
Contact: Michael Benson
Phone: (612) 221-2621
Email: jacquelyn@cashessoftware.com

Center for Alcohol and Drug Treatment

CHAMPION SPONSORSHIP

314 W Superior St, 400 Torrey Building
 Duluth, MN 55802 • Booth # 76 & 77
Website: cadt.org
Contact: Tina Silverness
Phone: (715) 817-6314
Email: tina@cadt.org

Consumer Direct Care Network

ADVOCATE SPONSORSHIP

744 Ryan Drive Suite 201 • Hudson, WI 54016 • Booth # 138
Website: consumerdirectmn.com
Contact: Trista Brandt
Phone: (715) 220-4362
Email: tristab@consumerdirectcare.com

Consumer Directions

ALLY SPONSORSHIP

425 E Saint Germain St • Saint Cloud, MN 56304 • Booth # 14
Website: consumerdirections.info
Contact: Sara Theisen
Phone: (800) 400-4670
Email: Sara@yourfse.com

Department of Human Service – Managed Care Ombudsman

ALLY SPONSORSHIP

540 Cedar Ave • Saint Paul, MN 55101 • Booth # 110
Website: mn.gov/dhs/people-we-serve/adults/health-care/
Contact: Lisa Jenkins
Phone: (651) 478-8285
Email: lisa.jenkins@state.mn.us

Directions For Life PCA Services

ALLY SPONSORSHIP

4897 Miller Trunk Hwy • Hermantown, MN 55811 • Booth # 171
Contact: Christine Meilach
Phone: (218) 590-7333
Email: Directionspca@live.com

Disability Determination Services

ADVOCATE SPONSORSHIP

121 E 7th Place; Suite 300
 Saint Paul, MN 55101 • Booth # 40
Contact: Tanya Heitzinger
Phone: (651) 2597835
Email: tanya.heitinger@ssa.gov

Disability Hub MN

CHAMPION SPONSORSHIP

530 Robert St N • Saint Paul, MN 55101 • Booth # 58 & 59
Website: disabilityhubmn.org
Contact: Kelly Farrell
Phone: (866) 333-2466
Email: outreach@disabilityhubmn.org

Disability Law Center

ALLY SPONSORSHIP

111 N 5th St Suite 100 • Minneapolis, MN 55403 • Booth # 203
Website: mylegalaid.org/our-work/disability-law
Contact: Justin Page
Phone: (612) 746-3785
Email: jmpage@mylegalaid.org

Disability Specialists

ALLY SPONSORSHIP

1907 Wood Road • Cook, MN 55723 • Booth # 143
Website: disabilityspecialists.net
Contact: Ann Hunt
Phone: (800) 642-6393
Email: ann@disabilityspecialists.net

District 12 AA

ALLY SPONSORSHIP

128 W Central Entrance • Duluth, MN 55811 • Booth # 172
Website: Area 35.org
Contact: Richard Gould
Phone: (218) 343-2120
Email: richardgould4@gmail.com

Dose Health

ALLY SPONSORSHIP

1820 Old Hwy 8 NW • New Brighton, MN 55112 • Booth # 7
Contact: Alaina Gallagher
Phone: (612) 440-8064
Email: alaina@dosehealth.com

Drew Horowitz and Associates/ Elite Recovery/Gateway Recovery and Recovery Academy

ALLY SPONSORSHIP

1137 Grand Ave • Saint Paul, MN 55105 • Booth # 200
Contact: Kara Frahm
Phone: (612) 500-6117
Email: kara@eliterecoverymn.com

Duluth Aging Support Advocate Sponsorship

220 Misquah Rd • Duluth, MN 55804 • Booth # 86

Website: duluthagingsupport.org

Contact: Mimi Stender

Phone: (218) 390-7533

Email: mstender@duluthagingsupport.org

Duluth Health Services (Viewcrest)

ALLY SPONSORSHIP

3111 Church Place • Duluth, MN 55811 • Booth # 198

Contact: Tara Adkins

Phone: (218) 279-4203

Email: tadkins@dhs.sfhs.org

Dungarvin Hidden Valley

ADVOCATE SPONSORSHIP

1440 Northland Drive

Mendota Heights, MN 55120 • Booth # 46

Website: dungarvin.com

Contact: Jeana Moreno

Phone: (651) 699-6050

Email: jmoreno@dungarvin.com

Ecumen Home Care & Hospice

ALLY SPONSORSHIP

3530 Lexington Ave

North Shoreview, MN 55126 • Booth # 119

Website: ecumenhospice.org

Contact: Shelia Boyat

Phone: (651) 491-9949

Email: randygnadke@ecumen.org

EIRH

ALLY SPONSORSHIP

421 N 6th Ave E • Duluth, MN 55805 • Booth # 220

Contact: Krystal Klicka

Phone: (218) 576-0082

Email: krystal.klicka@essentiahealth.org

Essentia Health - Rehabilitation

ALLY SPONSORSHIP

502 E 2nd St • Duluth, MN 55805 • Booth # 214

Website: essentiahealth.org

Contact: Lisa Whitworth

Phone: (218) 786-5063

Email: lisa.whitworth@essentiahealth.org

Essentia Health Cancer Center

ADVOCATE SPONSORSHIP

420 E 1st St • Duluth, MN 55805 • Booth # 154

Contact: Christine Mitchell

Phone: (218) 786-3581

Email: christine.mitchell2@essentiahealth.org

Essentia Institute of Rural Health

ALLY SPONSORSHIP

502 E 2nd St • Duluth, MN 55805 • Booth # 12

Contact: Claudia Ramjattan

Phone: (218) 786-0027

Email: claudia.ramjattan@essentiahealth.org

Expanding Horizons Inc

ADVOCATE SPONSORSHIP

5075 Miller Trunk Highway

Hermantown, MN 55811 • Booth # 34

Website: expandinghorizonshomes.com

Contact: Ashlie Suomala

Phone: (218) 733-4651

Email: ashlie@expandinghorizonshomes.com

FDL Human Services Behavior Health/ Crisis Response

ALLY SPONSORSHIP

927 Trettel Lane • Cloquet, MN 55720 • Booth # 31

Contact: Jane Deverney

Phone: (218) 878-2145

Email: janedeverney@fdlrez.com

Fond du Lac Human Services

ALLY SPONSORSHIP

927 Trettel Lane • Cloquet, MN 55720 • Booth # 30

Contact: Connie Luther

Phone: (218) 576-6610

Email: connieluther@fdlrez.com

FPC Duluth

ALLY SPONSORSHIP

4464 Ralston Drive • Duluth, MN 55811 • Booth # 126

Website: bop.gov

Contact: Ashley Downey

Phone: (218) 249-7446

Email: adowney@bop.gov



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5 N 3rd Ave W • Duluth, MN 55802 • Booth # 16

Website: grsduluth.com

Contact: Kathy Jarve

Phone: (218) 722-2368

Email: Kjarve@grsduluth.com

Grace Hospice

ADVOCATE SPONSORSHIP

1015 N 4th Ave • Minneapolis, MN 55405 • Booth # 35

Website: gracecaring.org

Contact: Kelsey Tietje

Phone: (651) 219-0046

Email: kltietje@gracecaring.org

Grace Medical Supplies

ALLY SPONSORSHIP

11240 Stillwater Blv N • Lake Elmo, MN 55042 • Booth # 180

Website: gracemedicalsupplies.com

Contact: Jason Mattox

Phone: (866) 514-7223

Email: osage1973@msn.com

Grace Place LLC

ALLY SPONSORSHIP

2701 W 3rd St • Duluth, MN 55806 • Booth # 150

Website: graceplacehousingupport.com

Contact: Emily Mack

Phone: (715) 919-0748

Email: emily@graceplacehousingupport.com

GT Independence

ADVOCATE SPONSORSHIP

215 Broadus St • Sturgis, MI 49091 • Booth # 84

Contact: Jennifer Drganc

Phone: (651) 247-107

Email: jdrnganc@gtindependence.com

GT Independence

ADVOCATE SPONSORSHIP

215 Broadus St • Sturgis, MI 49091 • Booth # 85

Website: gtindependence.com

Contact: Arwa Ahmed

Phone: (651) 280-9668

Email: aahmed@gtindependence.com

HealthStar Home Health

ALLY SPONSORSHIP

2701 W Superior St #101 • Duluth MN 55806 • Booth # 23

Website: healthstarhomehealth.net

Contact: Emilie Mahler

Phone: (218) 341-9678

Email: jeremyt@hhhealth.net

Help Me Grow

ALLY SPONSORSHIP

1201 S 13th Ave W • Virginia, MN 55792 • Booth # 213

Website: helpmegrowmn.org

Contact: Jessica Brown

Phone: (218) 741-9201

Email: jbrown@nlsec.org

Home Instead

ADVOCATE SPONSORSHIP

318 3rd Ave • Proctor, MN 55810 • Booth # 94

Website: homeinstead.com/548

Contact: Mary Andrews

Phone: (218) 727-8810

Email: mary.andrews@homeinstead.com

Homestyle Direct

ADVOCATE SPONSORSHIP

2032 Highland Ave E • Twin Falls, ID 83301 • Booth # 132

Website: homestyledirect.com

Contact: Tonna Quesnell

Phone: (866) 735-0921

Email: Tonna@homestyledirect.com

Hometown Billing

ALLY SPONSORSHIP

PO Box 67 • Hibbing, MN 55746 • Booth # 178

Website: hometownbilling.net

Contact: Tiffany Schleppegrell

Phone: (218) 293-4638

Email: tiffany@hometownbilling.net

HP Psychological Associates

ALLY SPONSORSHIP

4815 Burning Tree Road • Duluth, MN 55811 • Booth # 175

Website: hpppsychological.com

Contact: Kimberly Overlie

Phone: (218) 464-0908

Email: koverlie@hppspsychological.com

Human Development Center

ADVOCATE SPONSORSHIP

1401 E 1st S • Duluth, MN 55805 • Booth # 48

Website: humandevelopmentcenter.org

Contact: Chloe Strand

Phone: (218) 728-4491

Email: Chloe.Strand@hdchrc.org

Keystone Treatment Center

ALLY SPONSORSHIP

1010 E 2nd St • Canton, SD 57013 • Booth # 148

Website: keystonetreatment.com

Contact: Ric Staloch

Phone: (507) 600-0155

Email: ric.staloch@keystonetreatment.com

Lakeplace Retreat Center

ADVOCATE SPONSORSHIP

25704 County Road 338 • Bovey, MN 55709 • Booth # 128

Website: lakeplacecenter.com

Contact: Sandy Harling

Phone: (218) 245-1395

Email: sandy@lakeplacecenter.com

Lakeside Manor Assisted Living/ McCarthy Manor

ALLY SPONSORSHIP

4831 London Road • Duluth, MN 55804 • Booth # 195

Contact: Lindsey Martinson

Phone: (218) 525-2784

Email: lkolarmartinson@lakesidemanormn.com

Lakeview Behavioral Health

ADVOCATE SPONSORSHIP

516 S Pokegama Ave • Grand Rapids, MN 55744 • Booth # 130

Website: lakeviewbh.com

Contact: Kristina Westerberg

Phone: (218) 327-2001

Email: kristinaw@lakeviewbh.com

Legal Aid Service of Northeastern Minnesota

ALLY SPONSORSHIP

424 W Superior St, 302 Ordean Building

Duluth, MN 55802 • Booth # 212

Website: lasnem.org

Contact: Cheryl Smilanich

Phone: (218) 735-6000

Email: csmilanich@lasnem.org

Life House, Inc.

ALLY SPONSORSHIP

102 W 1st St • Duluth, MN 55802 • Booth # 168

Website: klifehouseduluth.org

Contact: Jordon Johnson

Phone: (218) 722-431

Email: jordon.johnson@life-house.org

Lifeworks Services

CHAMPION SPONSORSHIP

2965 Lone Oak Drive • Eagan, MN 55121 • Booth # 60 & 61

Contact: Nicole Grosz

Phone: (651) 365-3719

Email: ngrosz@lifeworks.org

Lutheran Social Service of Minnesota

Children's Home/LSS Adoption & Foster Care

ALLY SPONSORSHIP

2485 Como Avenue • Saint Paul, MN 55108 • Booth # 101

Website: lssmn.org

Contact: Renee Purrier-Hieb

Phone: (612) 306-0677

Email: Renee.Purrier-Hieb@lssmn.org

Lutheran Social Service of MN Disability Services

ALLY SPONSORSHIP

2485 Como Avenue • Saint Paul, MN 55108 • Booth # 102

Website: lssmn.org

Contact: Renee Purrier-Hieb

Phone: (612) 306-0677

Email: Renee.Purrier-Hieb@lssmn.org

Lutheran Social Service of Minnesota, NE Services

ADVOCATE SPONSORSHIP

2485 Como Avenue • Saint Paul, MN 55108 • Booth # 100

Website: lssmn.org

Contact: Renee Purrier-Hieb

Phone: (612) 306-0677

Email: Renee.Purrier-Hieb@lssmn.org

MEDICA

CHAMPION SPONSORSHIP

401 Carlson Parkway

Minnetonka, MN 55112 • Booth # 72 & 73

Website: medica.com

Contact: Beatriz Martinez

Phone: (952) 9923720

Email: Beatriz.Martinez@medica.com

Mid-Range Chemical Dependency Services, Inc.

ALLY SPONSORSHIP

522 E Howard St, Suite101 • Hibbing, MN 55746 • Booth # 124

Website: mid-range cds.org

Contact: Amanda Clark

Phone: (218) 262-0860

Email: a.clark@mid-range cds.org

Midwest AIDS Training and Education Center

ADVOCATE SPONSORSHIP

1300 2nd St S • Minneapolis, MN 55454 • Booth # 136

Website: matic.info

Contact: Sarah Rybicki

Phone: (612) 961-9236

Email: rybic001@umn.edu

Midwest Medical Services

ALLY SPONSORSHIP

8400 Coral Sea St NE • Moundsview, MN 55112 • Booth # 1

Contact: Drew Beaulieu

Phone: (763) 760-8222

Email: dbeaulieu@swiftconnect.com

Millennium Health

ALLY SPONSORSHIP

16981 Via Tazon • San Diego, CA 92127 • Booth # 191

Website: millenniumhealth.com

Contact: Zachary Laursen

Phone: (612) 202-7829

Email: zak.laursen@millenniumhealth.com

Minnesota Board of Social Work

ALLY SPONSORSHIP

2829 University Ave, Ste 340

Minneapolis, MN 55414 • Booth # 140

Website: social.work@state.mn.us

Contact: Kimberly Doran

Phone: (612) 617-2100

Email: Kimberly.Doran@state.mn.us

Minnesota Brain Injury Alliance

ALLY SPONSORSHIP

2277 Hwy 36 W

Roseville, MN 55113 • Booth # 115

Website: braininjurymn.org

Contact: Ntianu Carter

Phone: (612) 378-2742

Email: ntianuc@braininjurymn.org

Minnesota Department of Human Services Housing and Support Division

ALLY SPONSORSHIP

PO Box 64842 • Saint Paul, MN 55164 • Booth # 151

Contact: Antonio Reynero

Phone: (651) 224-9587

Email: Antonio.reynero@state.mn.us

Minnesota Dept. of Health

ALLY SPONSORSHIP

93 Kipling St • Saint Paul MN 55119 • Booth # 147

Contact: Emily Beltt

Phone: (763) 486-2684

Email: emily.beltt@state.mn.us

Minnesota Social Service Association

ALLY SPONSORSHIP

125 Charles Ave • Saint Paul MN 55104 • Booth # 186

Website: mnssa.org

Contact: Beth Ringer

Phone: (612) 990-7543

Email: bringer@mnssa.org

Minnesota Adult & Teen Challenge

ADVOCATE SPONSORSHIP

740 E 24th St • Minneapolis, MN 55408 • Booth # 106

Website: mntc.org

Contact: Melissa Esperum

Phone: (612) 238-6409

Email: melissa.esperum@mntc.org

MN DHS — Moving Home Minnesota

ALLY SPONSORSHIP

PO Box 64250 • Saint Paul, MN 55164 • Booth # 152

Website: dhs.state.mn.us/main

Contact: Amy Petersen

Phone: (651) 431-2443

Email: amy.petersen@state.mn.us

MN DHS, Housing and Support Services Division

ALLY SPONSORSHIP

540 Cedar • Saint Paul, MN 55101 • Booth # 153

Website: mn.gov/dhs/

Contact: John Petroskas

Phone: (651) 431-5644

Email: john.petroskas@state.mn.us

Mom's Meals

ADVOCATE SPONSORSHIP

3201 SE Corporate Woods Drive
Ankeny, IA 50021 • Booth # 33

Website: momsmeals.com

Contact: Susan OBrien

Phone: (515) 512-6890

Email: susan.obrien@momsmeals.com

Monarch Healthcare Management

ADVOCATE SPONSORSHIP

638 S Bend Ave • Mankato, MN 56001 • Booth # 47

Website: monarchmn.com

Contact: Eric Lind

Phone: (763) 453-1213

Email: elind@monarchmn.com

Mpls Veterans Affairs Medical Center

ALLY SPONSORSHIP

1 Veterans Drive • Minneapolis, MN 55417 • Booth # 218

Contact: Andrea Sandberg

Phone: (612) 814-3486

Email: andrea.sandberg@va.gov

MRCI – CDS

CHAMPION SPONSORSHIP

1961 Premier Drive • Mankato, MN 56001 • Booth # 64 & 65

Website: MRCICDS.org


Contact: Julie Lux

Phone: (507) 386-5745

Email: jlux@MyMRCI.org


ARTIST & NATURALIST


Emily Christenson



Artist and naturalist, Emily Christenson grew up with a mother who was an abstract artist and Black Hawk State Park Historic Site as her backyard. Always able to sense spirits and unseen energies around her, she spent her childhood exploring the forests outdoors and experimenting with a variety of art materials in her mother's studio ■ She graduated in 2002 with a double major in drawing and painting from the Minneapolis College of Art and Design in Minneapolis, MN. She has exhibited her paintings, drawings, and photographs nationally and internationally in numerous galleries, art centers and museums.

Find out more at:

 emilychristenson.com

 [@untitled_dialogues](https://www.instagram.com/untitled_dialogues)

NAMI Duluth

ALLY SPONSORSHIP

P.O. Box 3424 • Duluth, MN 55803 • Booth # 216

Website: namiduluth.org/about-nami-duluth-area/

Contact: Mary Garness

Phone: (218) 626-7357

Email: mgarness@hotmail.com

NAMI Minnesota

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1919 University Ave W • Saint Paul, MN 55104 • Booth # 210

Website: namimn.org

Contact: Mackenzie Mestelle

Phone: (651) 645-2948

Email: mmestelle@namimn.org

Narcotics Anonymous

ALLY SPONSORSHIP

301 E 2nd St • Duluth, MN 55805 • Booth # 184

Website: naminnnesota.org

Contact: Marvella Davis

Email: marvella.davis@yahoo.com

Nexus Family Healing

CHAMPION SPONSORSHIP

1111 28th St NE • Austin, MN 55912 • Booth # 78 & 79

Website: nexusfamilyhealing.org

Contact: Loren Nerison

Phone: (507) 434-4433

Email: lnerison@nexusgerard.org

North Homes Children and Family Services

ADVOCATE SPONSORSHIP

303 SE First St, Ste 1

Grand Rapids, MN 55744 • Booth # 50

Website: northhomes.org

Contact: Wade Chiodo

Phone: (218) 327-3000

Email: wade.chiodo@northhomes.org

Northland Counseling Center

CHAMPION SPONSORSHIP

215 SE 2nd Ave • Grand Rapids, MN 55744 • Booth # 74 & 75

Website: northlandcounseling.org

Contact: Angie Baratto

Phone: (218) 398-0535

Email: abaratto@northlandcounseling.org

Northstar Behavioral Health

ADVOCATE SPONSORSHIP

1350 Arcade St NW • Saint Paul, MN 55106 • Booth # 91

Website: northstarbehavioralhealthmn.com

Contact: Kathy Horner-Carlson

Phone: (651) 280-8651

Email: khornercarlson@northstarbhm.com

Northstar Community Services

ALLY SPONSORSHIP

1616 Cloquet Ave • Cloquet, MN 55720 • Booth # 5

Contact: Heather Wright

Phone: (218) 626-5175

Email: heather@northstarcommunityservices.com

Northstar Problem Gambling Alliance

ALLY SPONSORSHIP

1935 County Road B2 W

Roseville, MN 55113 • Booth # 165

Website: northstarp.org/

Contact: Susan Sheridan Tucker

Phone: (612) 424-8595

Email: sst@northstarp.org

Northwood Children's Services

ALLY SPONSORSHIP

714 W College St • Duluth, MN 55811 • Booth # 18

Website: northwoodchildren.org

Contact: Mel Winkler

Phone: (218) 625-638

Email: mwinkler@northwoodchildren.org

Northwood Technical College

(previously Wisconsin Indianhead Technical College)

ADVOCATE SPONSORSHIP

600 N 21st St • Superior, WI 54880 • Booth # 89

Website: witc.edu (this will be changing in June)

Contact: Kris Vese

Phone: (715) 394-6677

Email: kris.vesel@witc.edu

NUWAY

ADVOCATE SPONSORSHIP

2117 Nicollet Ave • Minneapolis, MN 55404 • Booth # 107

Website: nuway.org

Contact: Jake Lewis

Phone: (763) 390-0107

Email: jake.lewis@nuway.org

Nystrom and Associates, Ltd.

ADVOCATE SPONSORSHIP

332 W Superior St • Duluth, MN 55802 • Booth # 88

Website: nystromcounseling.com

Contact: Cara Keinanen

Phone: (218) 260-6163

Email: ckeinanen@nystromcounseling.com

Overeaters Anonymous

ALLY SPONSORSHIP

PO Box 161051 • Duluth, MN 55816 • Booth # 169

Website: OA.org

Phone: (218) 728-4644

Email: NorthernSerenityOA@gmail.com

Partners In Recovery Advocate Sponsorship

1611 County Rd B • Roseville, MN 55113 • Booth # 36

Contact: Amy Morgan

Phone: (763) 347-1558

Email: amym@pirmn.com

Peace of Mind of Duluth, Inc.

ADVOCATE SPONSORSHIP

1000 E First St • Duluth, MN 55805 • Booth # 163

Website: pomduluth.com

Contact: Lisa Anderson

Phone: (218) 576-7363

Email: lisa@pomduluth.com

PICS – Partners in Community Supports

CHAMPION SPONSORSHIP

1605 Eustis St • Saint Paul, MN 55108 • Booth # 54 & 55

Website: picsmn.org

Contact: Youa Lee

Phone: (651) 432-4804

Email: youa.lee@picsmn.org

Planned Parenthood North Central States

ALLY SPONSORSHIP

1721 E 1st St • Duluth, MN 55812 • Booth # 167

Website: ppncs.org

Contact: Erin O'Daniel

Phone: (919) 632-9820

Email: eodaniel@ppncs.org

PICS – Partners in Community Supports

CHAMPION SPONSORSHIP

1605 Eustis St • Saint Paul, MN 55108 • Booth # 54 & 55

Website: picsmn.org

Contact: Youa Lee

Phone: (651) 432-4804

Email: youa.lee@picsmn.org

Planned Parenthood North Central States

ALLY SPONSORSHIP

1721 E 1st St • Duluth, MN 55812 • Booth # 167

Website: ppncs.org

Contact: Erin O'Daniel

Phone: (919) 632-9820

Email: eodaniel@ppncs.org

Port Group Homes

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Website: portgrouphomes.org

Contact: Heather Kelm

Phone: (218) 829-2123

Email: hkelm@portgrouphomes.org

Positive Attitude Development Group

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202 E Superior St • Duluth, MN 5580 • Booth # 43

Website: padgroup.org

Contact: Lyle Wildes

Phone: (218) 260-8601

Email: lyle@padgroup.org

Prairie Community Services, Inc

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801 Nevada Ave • Morris, MN 56267 • Booth # 196

Contact: Dave Peterson

Phone: (320) 287-0686

Email: dbjorge@pcs.sfhs.org

Precision Diagnostics

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4215 Sorrento Valley Blvd • San Diego, CA 92121 • Booth # 205

Website: precisiondxlab.com

Contact: Kayla Wong

Phone: (800) 635-6901

Email: kayla.wong@precisiondxlab.com

Protect Minnesota

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1101 W Broadway Ave • Minneapolis, MN 55411 • Booth # 21

Website: protectmn.org

Contact: Jared Muskovitz

Phone: (218) 349-4108

Email: jared@protectmn.org

Provide Care Inc.

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5722 Isanti Trail • North Branch, MN 55056 • Booth # 156

Website: providecare.com

Contact: Michael Rod

Phone: (651) 674-8312

Email: mrod@providecare.com

Psycnsew Creations

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6015 E Superior St • Duluth, MN 55804 • Booth # 123

Website: psycnsewcreations.com

Contact: Jennifer White

Phone: (218) 464-4448

Email: jennifer@psycnsewcreations.com

Range Mental Health Center

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504 1st St N • Virginia, MN 55792 • Booth # 92

Website: rangementalhealth.org

Contact: Kelly Grinsteiner

Phone: (218) 969-6768

Email: kgrinsteiner@rangementalhealth.org

Recovering Hope Treatment Center

CHAMPION SPONSORSHIP

2031 Rowland Rd • Mora, MN 55051 • Booth # 56 & 57

Website: recoveringhope.life

Contact: Sadie Broekemeier

Phone: (844) 314-4673

Email: sadie@recoveringhope.life

Recovery Alliance Duluth, Inc

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206 W 4th St #203 • Duluth, MN 55806 • Booth # 176

Website: recoveryallianceduluth.org

Contact: Beth Elstad

Phone: (218) 310-3799

Email: beth.e@recoveryallianceduluth.org

Residential Services, Inc. (RSI)

ADVOCATE SPONSORSHIP

2900 Piedmont Avenue • Duluth, MN 55811 • Booth # 42

Website: residencialservices.org

Contact: Claire Farmer-Lies

Phone: (218) 740-621

Email: claire.farmerlies@residencialservices.org

Rural AIDS Action Network

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300 E St Germain St • Saint Cloud, MN 56304 • Booth # 121

Website: raan.org

Contact: Mary McCarthy

Phone: (320) 209-1191

Email: marym@raan.org

Safe Transitions

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1501 hwy 33s • Cloquet, MN 55720 • Booth # 201

Website: Safetransitions.org

Contact: Lisa Mikrot

Email: lisa.mikrot@safetransitions.org

Spectrum Community Health

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6205 Crossman Ln

Inver Grove Heights, MN 55076 • Booth # 194

Website: Spectrumhomecare.com

Contact: Katie Vreeland

Phone: (218) 866-0746

Email: katiev@spectrumchealth.com

St. Croix Hospice

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1725 A Maple Grove Rd • Duluth, MN 55811 • Booth # 104

Website: stcroixhospice.com

Contact: Dawn French

Phone: (218) 451-0126

Email: dfrench@stcroixhospice.com

St. Ann's Residence

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330 E 3rd Street • Duluth, MN 55805 • Booth # 112

Contact: Jan Lappy

Phone: (218) 727-8831

Email: jlappy@stanns.com

St. Louis County PHHS

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320 W 2nd St • Duluth, MN 55802 • Booth # 159

Website: Stlouiscountymn.gov

Contact: Michelle Nelson

Phone: (218) 726-2248

Email: Nelsonm1@stlouiscountymn.gov

St. Luke's

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915 E. 1st St • Duluth, MN 55805 • Booth # 66 & 67

Website: slhduluth.com

Contact: Melissa Burlaga

Phone: (218) 249-2988

Email: Melissa.Burlaga@slhduluth.com

St. Scholastica Monastery

ADVOCATE SPONSORSHIP

1001 Kenwood Ave • Duluth, MN 55811 • Booth # 96

Website: retreatduluth.org

Contact: Sister Dorene King

Phone: (218) 724-5266

Email: doreneking@hotmail.com

STAR Services

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1295 Bandana Blvd • Saint Paul, MN 55108 • Booth # 11

Contact: Jennifer May

Phone: (651) 644-140

Email: support@starsvcs.com

Steve Rummier Hope Network

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2233 University Ave W, Suite 325

Saint Paul, MN 55114 • Booth # 134

Website: steverummierhopenetwork.org

Contact: Alicia House

Phone: (612) 217-212

Email: ahouse@rummlerhope.org

The College of St. Scholastica

ALLY SPONSORSHIP

1200 Kenwood Ave • Duluth, MN 55811 • Booth # 182

Website: css.edu

Contact: Jeffrey Pearson

Phone: (218) 723-5944

Email: jpearson3@css.edu

The Duluth Bethel

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23 Mesaba Ave • Duluth, MN 55806 • Booth # 206

Website: duluthbethel.org

Contact: Kim Gerads

Phone: (218) 727-7415

Email: kgerads@duluthbethel.org

The Guidance Group

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PO Box 161462 • Duluth, MN 55816 • Booth # 52 & 53

Website: mnguidance.com

Contact: Daniel Maki

Phone: (218) 576-5757

Email: ceo@mnguidance.com

The Privilege Institute

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2221 S Webster Ave • Green Bay, WI 54301 • Booth # 207

Website: ThePrivilegeInstitute.com

Contact: Jenni Oliver

Phone: (920) 884-0792

Email: jennio@theprivilegeinstitute.com

The Retreat

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1221 Wayzata Blvd E • Wayzata, MN 55391 • Booth # 162

Website: theretreat.org

Contact: Tara Tobin

Phone: (952) 476-0566

Email: ttobin@theretreat.org

The Salvation Army

ADVOCATE SPONSORSHIP

215 S. 27th Ave W • Duluth, MN 55806 • Booth # 99

Website: duluthsa.org

Contact: Rosalyn Horn

Phone: (218) 722-7934

Email: rosalyn.horn@usc.salvationarmy.org

Therap Services, LLC

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562 Watertown Ave • Waterbury, CT 06708 • Booth # 26

Website: TherapServices.net

Contact: Tiffany Brown

Phone: (315) 706-9566

Email: tiffany.brown@therapservices.net

Therapeutic Services Agency

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220 Railroad St SE • Pine City, MN 55063 • Booth # 170

Website: hoperealized.com

Contact: Jacquelyn Davoll

Phone: (218) 343-6196

Email: jdavoll@tsapc.net

TLC of Duluth

ADVOCATE SPONSORSHIP

394 S Lake Ave • Duluth, MN 55802 • Booth # 37

Contact: Ryan Underwood

Phone: (218) 724-3640

Email: ryan.underwood@tlcofduluth.com

Together for Life Northland

ALLY SPONSORSHIP

5052 Maxwell Road • Duluth, MN 55804 • Booth # 197

Website: togetherforlifenorthland.org

Contact: Joyce Cagle

Phone: (218) 348-222

Email: 7cagles@gmail.com

UCare

ADVOCATE SPONSORSHIP

500 Stinson Blvd NE • Minneapolis, MN 55413 • Booth # 28

Website: ucare.org

Contact: Joan Freak

Phone: (612) 294-963

Email: jfreak@ucare.org

UMD Department of Social Work

ADVOCATE SPONSORSHIP

1207 Ordean Court • Booth # 160

Website: umdsw@d.umn.edu

Contact: Jackie Heytens

Phone: (218) 726-7854

Email: jheyten@d.umn.edu

Unite Us

ADVOCATE SPONSORSHIP

217 Broadway Floor 8 • New York, NY 10007 • Booth # 158

Website: uniteus.com

Contact: Philip Chan

Phone: (207) 641-3710

Email: philip.chan@uniteus.com

Vinland National Center

ADVOCATE SPONSORSHIP

3675 Ihduhapi Road • Loretto, MN 55357 • Booth # 44

Website: vinlandcenter.org

Contact: Molly Gilbert

Phone: (763) 479-3555

Email: mollyg@vinlandcenter.org

VRI – Valued Relationships Inc.

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1400 Commerce Center Dr • Franklin, OH 45005 • Booth # 70 & 71

Website: vricares.com

Contact: Aaron Fortenbacher

Phone: (616) 283-2560

Email: afortenbacher@vricares.com

Wellcome Manor Family Services

ALLY SPONSORSHIP

114 W Pleasant St • Garden City, MN 56034 • Booth # 9

Website: wellcomemanor.org

Contact: Scott Vaske

Phone: (507) 546-3295

Email: scott.vaske@wellcomemanor.org

WINGS

ALLY SPONSORSHIP

1326 E Ripley St • Litchfield, MN 55355 • Booth # 166

Website: wingsats.com

Contact: Jon Forsythe

Phone: (320) 593-0440

Email: wingspr@wingsats.com

CERTIFICATE OF ATTENDANCE

Approved by: Minnesota Board of Social Work #CEP-399



**St. Louis County
Health & Human
Services Conference**
October 13–15, 2021
at the DECC
Duluth, Minnesota

Write in workshop/ institute presentation title(s) you attended:

Time / CEU

Wednesday October 13, 2021

Opening Keynote _____ 1:00–2:00 pm (1.0 CEU)

Session I Workshop _____ 2:30–4:00 pm (1.5 CEU)

Thursday, October 14, 2021

Session II Workshop _____ 8:30–10:00 am (1.5 CEU)

Session III Workshop _____ 10:30–12:30 pm (1.5 CEU)

Session IV Workshop _____ 1:00–2:30 pm (1.5 CEU)

Session V Workshop _____ 3:00–4:30 pm (1.5 CEU)

Friday, October 15, 2021


Session VI Workshop _____ 8:30–10:00 am (1.5 CEU)

Closing Keynote _____ 10:30–11:30 am (1.0 CEU)

Your Name (please print)

MN Social Work
License Number

Signature


Michelle K. Nelson, Chair
St. Louis County Health &
Human Services Conference

This certificate should be kept for purpose of verification as requested by the various Boards. It is your responsibility to check the Conference Program content for the required clinical criteria expected for your Continuing Education Hours. Fill in the Workshop Title as you complete the session. Please retain this certificate for your records.



SAVE THE DATE:

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Wednesday–Friday

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